

RECREATION

— July 1943 —



Pete Moses Discovers Art

By Alice Gilbertson

Joseph Lee's Favorite Games

"Y" Recreation on the Night Shift

By Elinor S. Beckwith

Recreation in Army and Navy Hospitals

By Carolyn J. Nice

Houston Takes Inventory of a Year at War

Volume XXXVII, No. 4

Price 25 Cents

RECREATION

Published by and in the interests of the National Recreation Association
formerly named Playground and Recreation Association of America

Published Monthly

at

315 Fourth Avenue, New York, N. Y.

Subscription \$2.00 per year

RECREATION is on file in public libraries and is indexed in the
Readers' Guide

Table of Contents

	PAGE
When the Boys Come Home (editorial), by Howard Braucher	197
"Y" Recreation on the Night Shift, by Elinor S. Beckwith	199
Omaha's "Swell-Elegant" Center, by H. M. Baldrige	201
Recreation in Army and Navy Hospitals, by Carolyn J. Nice	202
Pete Moses Discovers Art, by Alice Gilbertson	206
The Case for Games as England Sees It	209
What They Say About Recreation	211
Joseph Lee Day in San Francisco	212
Joseph Lee's Favorite Games	213
The Mayor Takes a Hand in Recreation, by Esther B. Wilhelm	214
A House-to-House Recreation-Interest Survey, by E. C. Worman and Others	218
Recreation in War	220
Boston's New Playground	221
After Retirement—What? by Marvin S. Pittman	222
Houston Takes Inventory of a Year at War	224
More Athletics Now, Not Less, by Howard G. Richardson	226
New York City Holds a Championship, by James V. Mulholland	227
Spokane's Civic Horse Trader, by Frank J. Taylor	228
Are They Fit for Combat? by Clark W. Hetherington	229
New Wrinkles in Camp Cookery, by Frank M. Rich	230
It's Being Done in Nature Recreation, by William Gould Vinal (Cap'n Bill)	233
Democracy and Recreation, by R. J. Caulk	234
Canoes! Why Blame Them When They Upset? by James H. Hocking	236
World at Play	238
Bert Swenson	245
Roy Benton Naylor	247
New Publications in the Leisure Time Field	251

Entered as second-class matter June 12, 1929, at the Post Office at New York, New York, under Act of March 3, 1879. Acceptance for mailing at special rate of postage provided for in Section 1103, Act of October 3, 1917, authorized May 1, 1924.

Copyright 1943, by the National Recreation Association

When the Boys Come Home

OUR BOYS in the armed forces grew up in a country which increasingly gave them places to play baseball, softball; places to swim and to skate; places which provided the necessary leadership for music, for making things with one's hands, for participating in all kinds of dramatic plays. Increasingly our boys had a place dedicated to them, belonging to them—to all the people—where they could be assured of comradeship; a place where decency was assumed as a matter of course.

When our boys come back they will ask us: Have you kept all this up? Have you kept the home fires burning? Can we take up where we left off?

After the first World War one of the first big jobs of the American Legion posts was to campaign for recreation centers for the younger brothers of the American Legion men and for their own children. This was a major satisfying interest of the returned soldiers. They had seen what recreation did for themselves. They wanted recreation kept up on the home front for their families and for their neighbors. In maintaining our recreation centers we are keeping faith with our boys now in Africa, in India, in China, in Europe, in Guadalcanal and Attu; with our men who are fighting or waiting to fight for us all.

Our fighting men are having a chance to face what really matters in life. One of the things they want for themselves and for others is the chance for comradeship, for the enjoyment of beauty, for participating in sports, for sharing in neighborhood and community life. We must keep for them the cultural recreation opportunities they have found so important to satisfying daily life.

Howard Braucher

JULY 1943

July



Photo by James Kilpatrick, Detroit News

At Sundown

Detroit playground children learn how to fold the flag correctly

"Y" Recreation on the Night Shift

By

ELINOR S. BECKWITH
Publicity Secretary
Philadelphia Y.W.C.A.



Courtesy Philadelphia Record

ALTHOUGH WORLD WAR II has glamorized the woman worker and focused attention on her as a *new creation*, she is not new within or without the Y.W.C.A., and for many years has been quietly taking her place in the industrial world. World War I resulted in the establishment within the Y.W.C.A. of an industrial department specializing in recreational-educational activities of, by, and for women workers, but for the first time in twenty years or more there is a universal interest in the woman worker.

This has aroused public interest and has made it possible for the Philadelphia Y.W.C.A. to secure community support through the War Chest for an emergency war workers' program. Steps were immediately taken to meet the need for recreation for those members of the Y.W.C.A. working on night shifts, and in May 1942, the first midnight program was initiated at the "Y."

The program was initiated, planned, and carried out by a group of war workers with the help of staff members. Men were included from the beginning, not only for sociability, but for assistance in transportation and in "seeing Nellie home." Beginning with childhood games—jump rope, jacks, and similar activities—and with game room activities and canteen, the program immediately became popular and attracted such growing numbers that it was necessary to establish a second night's program at the same hours, from midnight to 4:00 A. M. Subsequently late programs covering these hours have been opened in two other

branches of the Y.W.C.A. in different sections of the city—Kensington and Frankford. All of these programs, each somewhat different, attract enthusiastic groups of men and women war workers on the 4:00 P. M. to 12:00 P. M. shift, as well as those who finish their work somewhat earlier or later than these hours.

"Isn't everyone too tired to want to do anything but sit?" you may ask. Here's the answer.

At Southwest Branch, where the program was started, game room activities, cards, checkers, and other quiet games are still popular along with dancing. Dancing with a juke box, however, has never attracted the numbers anticipated, although special dances where an orchestra is present are most popular. Badminton for a mixed group has been a favorite, with gym, basketball, and swimming especially popular with the men.

Discussion periods on unions, job problems, war marriages, and similar subjects were requested and have aroused real interest among a group of men and women who meet weekly during the late program.

Kensington Branch, which also has a pool and gym, finds little interest in quiet games and much more demand for sports and dancing. Occasional sings and special features, such as cigarette dances, are very popular. The girls bring packages of cigarettes to be sent to servicemen—"a gift from the production line to the firing line."

An entirely different atmosphere from that of the typical Y.W.C.A. building exists at the Frank-

ford Branch which lacks a gymnasium and swimming pool but is housed in an attractive converted house. The group enjoys the game room, dancing, and informal socializing and snacks which they prepare in the kitchen.

As is true with all programs in the Y.W.C.A., whether at midnight or midday, those who take part also do the planning. Men, as well as women, entirely new to the Y.W.C.A. have welcomed this opportunity to take their responsibility as representatives of the group in carrying out plans and give no indication that they are merely "tired out war workers" who want only to be entertained.

Workers attending the shift programs come from Federal war plants, the Frankford Arsenal, Philadelphia Quartermasters' Depot, and Signal Depot being perhaps represented by the largest numbers. Shipyard workers, too, are coming, some from Sun Ship and Cramps. Private plants are widely represented, particularly concerns manufacturing electrical equipment where large numbers of women are employed, such as Philco, R.C.A., and others.

In Philadelphia at the present time the private agency sponsoring a shift program has a real opportunity to meet a need. A local ordinance prevents public recreation for any group after two o'clock in the morning, but this ruling does not apply to private agencies. Under these conditions reputable public recreation centers cannot meet the needs of second shifters when the program must be carried on until at least four o'clock in the morning. The Y.W.C.A. program is therefore a demonstration which we hope will show the need for further expansion of other facilities for the second shifters.

It is important to keep in mind in considering shift workers' recreation that a large number of workers are on rotating shifts. One month they may work during the day from 8:00 A. M. to 4:00 P. M.; another month on the second shift, 4:00 P. M. to 12:00 P. M.; and the third month from 12:00 P. M. to 8:00 A. M. We are therefore endeavoring within our program to provide activities at different hours so that this group may stay together no matter on what shift they work in any particular month.

Accordingly morning activities featuring dancing are offered those who finish work at 8:00 A. M. When the group changes its shift to daytime, the

usual evening activities which have always been operated are, of course, available to them. In other words, we are trying to plan a complete program which will meet the needs of all workers at whatever time they may be working. We do not wish in any way to separate shift workers from the group who were already participating before the war.

Another factor to be considered is that with the 6-day, 48-hour week which is a minimum for the majority of workers, Sunday recreation activities are important. A new Sunday diversion is a super-and-social program at Central Branch sponsored by women defense workers to entertain servicemen. These women, working six days a week, find Sunday evening a logical time for their recreation. And a natural outlet for their desire to do something for the servicemen is the hospitality which they can offer them. We are also contemplating opening this program to men war workers.

A common assumption about war workers' recreation is that it must necessarily be carried on near war plants. Our experience has not demonstrated that this is universally true. There seems to be some correlation between residence and the place where activities are offered, but not necessarily between the center and the plant. In other words, people in Philadelphia are more likely to go to the recreation center which is nearer their homes than the center which is nearer their work.

The most positive factor, however, which seems to determine whether a person comes to any of our centers is not so much location as the fact that friends are participating and the program is sufficiently interesting to attract her. It is a common occurrence for many of the participants in our program to travel an hour each way from the plant to the recreation center, and from the center to their homes. These facts are offered not to belittle the importance of decentralized programs but to stress the response to a program representing workers' interests.

The usual problem of limited leadership to cover the different centers restricts the variety of our activities. Our experience has shown, however, that war workers want something more than mere entertainment and that they have a real interest in mental as well as physical activity. They are also willing to take

(Continued on page 248)

From the initiation of the Emergency War Workers' Program in May 1942 through March 1943, 532 meetings have been held at the four branches of the Philadelphia Y.W.C.A.; there has been a total attendance of 15,173, and 3,271 individuals have participated.



Photo by Martin J. Ford

Courtesy Long Beach, California, Recreation Commission

Omaha's "Swell-Elegant" Center

By H. M. BALDRIGE

MERE MENTION of the Service Men's Center in Omaha's beautiful Union Station brings forth the Army's most descriptive adjective "swell-elegant." Here a man can get a shower, sleep, food, more food, and play for almost 18 hours out of every day. The average time spent by each serviceman is about three hours — between trains.

The story of this Center is one of unselfish citizens who had the will and determination to do something about a real problem. Omaha is the center of heavy troop activity from all directions. It is located mid-way between both coasts and equally distant from California and the gulf, and there is considerable changing of trains at this Nebraska center. Although it is an attractive city, unfortunately a bleak, desolate and unattractive wholesale district surrounds Union Station.

Investigation revealed that an average of three or four hundred soldiers changed trains every day,

and the average length of time that they had to wait in the Union Station was three hours. This was not long enough for a movie or any recreation, but gave the men just enough time for a quick walk through the neighborhood. After this experience in Omaha, the average soldier's morale dropped considerably, and the city was asked to do something about it.

Omaha people immediately set to work on this problem. The Chairman of the Citizens' Committee of the USO was local

attorney Malcolm Baldrige. The problem came first to him and he selected one of Omaha's most efficient and well-known women, Mrs. Irving Allison, to take responsibility for correcting this problem and from then on the story centers around the ability and untiring activity of this woman.

The committee heads went to William Jeffers, President of the Union Pacific and Omaha's outstanding citizen, and briefly sketched the problem for him. They had a real story to tell and it clicked immediately with him.

He decided then and there that Omaha must have a servicemen's center; that it should be the best and the finest center in the United States; and that it should be located in Union Station. He called a meeting of all the railroads who lease the building jointly with the Union Pacific and won approval for this project.

Mr. Jeffers immediately called in a contractor and a decorator; he approved plans and costs and ordered the finishing and furnishing of adequate space at the station. In an unbelievably short time the beautiful and attractive rooms were ready

(Continued on page 244)

Recreation in Army and Navy Hospitals

By CAROLYN J. NICE
Recreation Consultant
Military and Naval Welfare Service
American Red Cross

WHAT TYPE of leisure has the hospitalized serviceman? It is not the earned leisure of the working man or soldier, but an enforced leisure which is an adjunct to his illness. His use of this leisure time must replace the satisfactions usually associated with his work. In addition, it should provide the relaxation and rejuvenation that generally comes from the enjoyment of leisure.

Men who are confined to a hospital have new, if only temporary, adjustments to make. Illness places an additional strain upon servicemen and thus increases the responsibility of the recreation worker in creating a program that will serve the patients. Because the soldier must be ready to do a full day's active duty when he is discharged, there are many patients who are able to be up and

around but not well enough to be discharged. Opportunities for participation in the recreation program must be provided for these convalescents as well

as for the bed patients who will be confined for a longer period.

As the Army and Navy see it, recreation is not simply an adjunct to medical care. Its value for both able-bodied and hospitalized men of our armed forces is recognized. The importance attached to these recreation programs is a direct outgrowth of the success achieved in public and private recreation during the last ten years.

Men in uniform have left their normal social groups and are cut off, for most of the time, from contact with the civilian population. The armed forces and civilian groups have recognized the need for supplying them with recreational activity that is familiar and will relieve the tensions of military life.

In the hospitals the American Red Cross, as the authorized civilian agency, is responsible for recreation as an integral part of its medical social work program. This program has expanded tremendously in Army and Navy hospitals during the last eighteen months as the number of men in the armed forces has been increased and the hospitals enlarged.

Facilities

The physical set-up and the staff are the first factors to be considered in establishing a recreation program. Army station and general hospitals have recreation buildings varying according to the size of the hospital. The lower floor contains a recreation hall, library, writing room, and offices. The recreation hall has a stage,

Easy-to-do crafts help to pass away the long hours of convalescence



American Red Cross Photo

with dressing rooms, at one end; it is provided with a 35 mm. sound projector and a screen for movies and will seat from 150 to 500 patients. The library and writing room are furnished attractively with cane furniture, writing desk, and book shelves. There are offices for the social work and recreation staff, and in the hall a reception and information desk. Staff quarters and guest rooms for visiting relatives of seriously ill patients are located on the upper floor. The buildings are built by the Army and furnished and staffed by the American Red Cross.

The Navy hospitals usually have recreation rooms containing office space for the recreation worker, writing rooms, and a large general hall in which movies can be shown. They are built by and furnished by the Navy, and the movies which are shown are also provided by the Navy.

The Staff

The American Red Cross hospital staff consists of medical social workers, psychiatric social workers, and recreation workers. The administrative head of the staff is a social worker with the title of field director (in Army and Navy general hospitals) or assistant field director (in station hospitals).

Recreation workers are selected on the basis of training, experience, and personality. College graduates, who have majored in sociology, psychology, or education and have had experience in community or institution recreation programs, have had more opportunities to develop the approach, method, and skills for conducting successful programs than most other groups. They have a working knowledge which, with a flexible approach, resourcefulness, initiative, an even disposition, and a suitable personality enables them to make the necessary adjustments and adaptations.

Since few people have had previous hospital recreation work, the most usable experience is that of community or institutional recreation. The ad-



American Red Cross Photo

A Red Cross Gray Lady fills in as a fourth in a touch-and-go game of Chinese Checkers

justments which must be made to the hospital environment and to military regime make it imperative that workers should not also have to learn recreation philosophy and method.

Because of the nature of the job, the mental, emotional, and physical disabilities encountered, and the unhappy prospect of battle casualties, the recreation worker should be a mature woman with emotional stability and with wide experience in dealing with people. She needs to be pliable in her thinking and flexible in making adjustments, unruffled by trying circumstances or changing situations. She must be able to accept discouragement and combat it effectively, to step into any situation and lend a constructive hand whether the job is recreational or not. Yet she must also know the recreation job. She needs a fund of information and a variety of skills. Having these is only the beginning; they must be used to aid in the patients' recovery.

The worker must sense little indications of interest and build upon them with care. Her ability to draw out the talents and abilities of some patients, and to stimulate those who lack them, may well be the test of the program. She must know

when to encourage and when to let the patient alone, when to drop a hint and when to work carefully and patiently to encourage participation.

Activities

Hospital activities must have medical approval and be designed to aid in the recovery of the patients by making a contribution to their experience in enjoyment, creative skill or social relationships. In doing this, they release the aggravated tensions that come from mental, emotional, or physical strain.

The prefix *re* in the word recreation means creating again something which has been experienced by the individual or for which he has the innate capacity. This places an obligation on the worker to see each person as an individual, allowing him to select or assisting him in selecting the creative experience in which he wishes to participate and from which he will derive satisfaction.

The activities in the program cover a wide range of interests and abilities and must be adapted to the individual. Illness is both physically and mentally debilitating, and many things that appeal to men who are well hold no interest for those who are ill. The framework of the program must be flexible enough to adjust readily to the changing patient population with its wide range of abilities and interests. There is no "typical" hospital program, but there are a number of phases which are considered in planning the program at every hospital.

Everything that takes place in the hospital is directed toward the single end of the patient's rapid and complete recovery. Opportunities to develop creative skills, to adjust to social situations, and to enjoy entertainments and hobbies make a valuable contribution toward this end. Illness aggravates the strains that are already placed on soldiers, and recreational activities contribute to the release of these tensions. In order to accomplish this there must be some element which will provide for individual growth and development beyond the mere acquisition of activity skill.

In planning the activities in an Army or Naval hospital, there are two phases to be considered. One of these is the passive type of enter-

tainment program. Of these, the most popular and most universally appealing is the movie. With this in mind, the Red Cross has provided equipment for showing regular feature pictures in Army hospitals. The films are recent popular releases which may be playing currently in theaters all over the country. They provide amusement and entertainment for the evening and often are the topics of conversation among the patients for several days. In addition, they have a particular value in that they may be a common experience of the soldier and his friends and relatives in the home community.

Community groups and men from the post provide other forms of entertainment—plays, orchestras, and choral groups as well as talented entertainers. Often there are members of the military or community who have something special to contribute. In many sections, country dances may offer a new experience to the soldier or sailor who watches or participates. Boys who come into the service from Italian, Puerto Rican, Indian, or other cultural groups may offer the dances or music that are part of their folklore. Occasionally movie or radio stars visit the camps and spend part of the time at the hospital entertaining the convalescents in the recreation hall and visiting the wards to talk with boys who are confined to their beds.

Informal Activities

For the most part, these entertainments take place in the early evening. The more informal activities in which the patients take part occur in the morning and afternoon. In this phase of the program, opportunities for renewing or initiating a wide range of experiences are made available. Small craft workshops have been started in some hospitals. There materials are available for modeling in clay, sketching, painting, woodcarving, mask making, working with leather and occasionally with metal. There are many variations in the interests that develop. In a Navy hospital, the ability of one sailor to make belts of square knotting in cord may spread through the wards and develop so that other and more difficult projects are attempted. The presence of an Indian in the hospital may be the start in making small looms for Indian bead work

"Hospital recreation programs can be neither static nor stereotyped. There must be constant change and adjustment in meeting the needs of patients. Thus our progress in the development of a hospital program in the days ahead will make a real contribution to the recognition of the therapeutic value of recreation. The responsibility lies with the recreation workers in hospitals today, for it is on the success of their program that our hope is predicated."

and then carrying through to the making of many articles. This capitalization of the abilities of various patients for their own benefit, and that of others, is one of the best outcomes of the introduction of crafts.

Some crafts are more easily adapted to the patients in the wards than others, with the result that the ward program may be more limited in the variety of mediums in which a patient can work. This is due in part to the very nature of any hospital ward in which tidiness is an absolute necessity. The use of a craft cart to carry materials and partially finished articles to the wards, at the time when work may be carried on, has done much to broaden the program. Airplane modeling has been a popular ward craft as has square knotting, sketching, and some types of clay modeling.

In all of these, the craft skill acquired and the satisfaction derived from the finished articles are important. The enjoyment that the patient gets from the activity, his increased skill and knowledge, all form a part of his experience and enrich his personal resources.

With the first edition of each hospital newspaper that has been published by a small group of patients interested in writing, many others have discovered interest in writing, illustration, or cartoon sketching. These publications vary in content according to the patients, and often contain contributions on everything from the current hospital scene to discussions of philosophy. The tone may be serious, humorous, or satiric. Many patients have composed poetry and verse for the first time.

Sometimes the interest in writing coupled with a flair for music has developed into writing a ward, hospital, or company song. Appreciation for music is almost universal. The radio-phonographs are rarely quiet, and the choice of records varies from name-band recordings to symphonies and operas. Groups gather around the piano for informal singing, and often the enthusiasm shown is so great that an evening for everyone is devoted to singing old favorites and learning new songs. Men who have played the guitar, mandolin, violin, or piano before entering the service find these informal afternoons and evenings a time when they can contribute to the enjoyment of the whole group. Instruments for this purpose are donated to the hospitals by interested individuals.

Informal dramatics have been a new experience for many of the patients and one which they have enjoyed. Talents discovered during charades or a

party night may be developed through pantomime or dramatic readings. These in turn may lead to more pretentious attempts in short plays and skits. Here again, group interest may result in the writing, staging, and dramatization of an original short play, as it has in several of the hospitals. These plays are enjoyed by the entire patient group, and the audience feels a close kinship for the production as a hospital affair.

Community groups have contributed a great deal to the social recreation programs of the hospitals. Girls from surrounding towns, chaperoned by women from the community, often make a long bus trip to attend a party or dance for the patients. Decorations and refreshments and the general organization for such a party are usually taken care of by patient committees with the help of the recreation staff. There have been a number of very clever themes used for dances and parties for such occasions. In one instance, the idea for a Fiesta party resulted in a mural of Mexican figures painted on brown wrapping paper, with the bold colors of the mural carried out in the other decorations. The orchestra added a touch of South American music in their introductory numbers. Some of the patients painted the mural and decorated the hall; another group took complete charge of refreshments.

Occasionally a group may come to the hospital to provide entertainment and then stay for a party planned for them by the patients. Members of the Red Cross Hospital and Recreation Corps act as hostesses for a particularly successful form of social entertainment—the Sunday afternoon teas which are held in many recreation halls. Patients, visitors, members of the medical detachment, nurses, and doctors gather informally during the afternoon to play games, listen to music, or chat informally while tea is served.

Since much of a patient's time is spent in reading, provision is made for library service. At Army general and Navy hospitals, the Army and Navy supply a regular library with trained librarians. In the Army station hospitals, books come from the Victory Book Campaigns and are donated by local groups. Current magazines and newspapers are supplied. The library and lounge are popular, and the book circulation is very high. Many patients help catalogue and arrange books, and sometimes take responsibility for charging them in and out. Volunteers, the Hospital and Recreation Corps, help in both types of libraries, often having

(Continued on page 240)

Pete Moses Discovers Art

By ALICE GILBERTSON
National Recreation Association

THIS IS, IN PART, the story of eight-year-old Pete Moses of Danville, Virginia. It might have happened to any little boy in any city. It is the story of how Pete, en route to find an after-school "coke" found instead a new interest and something which will be important to him all the rest of his life. Of course Pete doesn't think of it as profoundly as this—he just knows he had an afternoon of real fun, that ended up with . . . well, here's the story —

Preceded by not a single lesson, a drawing by Pete was exhibited in the Danville Arts and Crafts Exhibit last February. Quite a mention of Pete and his drawing appeared in the Danville papers. It all happened this way —

Pete was moseying along the heart of downtown Danville, fixing to get himself a "coke" or a bag of popcorn for his afternoon pick-up, when he happened to look in the big window of what was usually an empty store. He saw several strange things—paintings hung on the walls as they hung in museums and people, lots of them, walking around looking at the pictures. Over in one corner, a lady was doing something with clay. Over in another, a man seemed to be carving wood. Lots of people just stood and watched all these goings-on.

A young pal of Pete's, "Butch" Higgins, joined him outside the store. In one window they saw a beautiful handmade four-foot model of England's famous ship, "The Empress of Asia," complete to tiny electric lights winking through the portholes. Pete and Butch didn't know that the ship represented the spare time of three full years of Gary Johnson, son of the Superintendent of Schools in Danville. A handsome large scale miniature stage coach occupied the opposite window—a year's work by the same Gary Johnson.

The door of the whatever-was-going-on was open. Other people were walking in so Pete and Butch decided to walk in too. They learned

that it was an exhibition of arts and crafts—whatever that meant. Pete had heard of crafts at the

summer playground, and of course, he knew lots about art museums.

The two boys joined a group watching the clay lady. The mud whirled around in her hands while one of her feet worked a pedal, lickety-split. The clay seemed alive. It made Pete's hands twitch to try it out for himself. From the questions of some older people, Pete learned that the clay lady was making a pretty vase just like the one on the shelf behind her. In another corner, a man was carving interesting things out of wood. Pete thought how much his mother would like one of the small wall shelves and decided to ask for one of those "carve" knives for his birthday.

One of the pictures on exhibit suddenly took Pete's eye. Its subject was a dog that looked quite a bit like "Shep," a neighborhood pet in the part of the city where Pete lived. Butch noticed that the card on the picture said it had been drawn by an eleven-year-old girl from their neighborhood. Now that they both knew the creator of something at the exhibit the boys felt more at home.

Casting a Ballot

Under the spell of his new feeling of ease, Pete commented on the exhibits that interested him. Some of his remarks were amusing as well as original. They grew more so as he warmed up to the inspection. He found that people were voting on the picture they liked best. Say, this was fun!

By the time Pete was ready to cast his ballot for "Shep," he was really getting into the spirit of the thing.

In fact, as he handed in his vote, and the vote lady smiled at him, he spoke right up, "I can draw, too," he informed her.

"Well, how about handing in one of your works," the lady said. "That's what this exhibit is all about—it's a showing of what people right here in Danville can do in painting or drawing."

"Let every artist, every creative worker, every man and every woman who has the power to touch our lives with beauty, know that he is indeed wanted, commanded to do his best. Let him who can, sing, dance, act, write, paint, create, and keep alive in men the desire to live."

"And you who labor and are heavy laden in shop and factory, farm and mill, in the ships on the seven seas, in the mines and fox holes, in the kitchen and the schools, lift your heads and look into beauty's face, catch her laughter and her sun, not only that you might live, but also that you may find the living worth the pain."

—Angelo Patri.

So right after school the next afternoon, Pete was back at the Arts and Crafts Exhibit. Under his arm, he carried the drawing he had spent about six hours on last night. At least, it seemed like six hours . . . anyway, he'd used all the time between supper and going to bed.

After several attempts at picturing a big tangle of fighter planes over Australia, he had decided to draw something easy. His picture showed the house at the end of Willow Street that some of the kids said was haunted.

When Pete found the lady he'd talked to the afternoon before, she remembered him right away, and when she unwrapped his picture, quite a few of the other people gathered around. The first thing he knew, someone was hanging it up right with the best of the exhibit. It was the biggest moment of Pete's life—worth all his hard work of the evening before. These people didn't seem to think it was funny that the only thing he had found to draw on was rough drawing paper. He appreciated hearing a couple of women comment on the clouds in his drawing. He'd worked hard on those clouds. They seemed to look even better when the drawing was hung against the wall. Pete looked at the drawing for a minute, then all of a sudden he felt a little queer and decided to scam.

But his thrill wasn't over! The next day at school one of his teachers stopped him in the hall, and he learned that the story of his drawing was in the paper with his name and everything. Just imagine! "The youngest exhibitor at the Arts and Crafts Show in its third day at 510 Main Street."

But Pete was just one of the Danville people that the Arts and Crafts Exhibit interested and influenced. Many of the men learned the beginnings of carving and woodworking—a wonderful release from war jitters. Among other things, the women learned how to make their own table cloths by linoleum block printing. Hundreds went away from the exhibit, thinking of art, not as something in a remote museum, but as a diverting form of self-expression open to them and their neighbors.

All in all, the Arts and Crafts Exhibit proved to be one of the most interesting projects ever initiated by the Recreation Division—one that earned the interest, enthusiasm, and participation of the whole community. The majority of people who attended expressed the hope that the exhibit would become an annual Danville event. There had been previous showings of professional art in this Virginia city, but there had never before been an exhibit which also displayed the works of ama-



Courtesy Recreation Department, Houston, Texas

"... art, not as something in a remote museum, but as a diverting form of self-expression."

teurs, and which showed crafts as well as arts. The exhibit proved that the amateur entrees made up in the colorful, human-interest quality of their effort anything they might have lacked in professional technique. The display of amateur as well as professional work encouraged other people to go and do likewise.

How did the arts and crafts idea all begin? Ellen Easterly, Director of Recreation in Danville, has arts and crafts for her own personal hobby. She is a firm believer in creative self-expression as a real release from life's monotony. She has seen it lift the business of living for people of all ages from a humdrum plane to something vital and alive.

With the idea of promoting greater interest in cultural crafts right in Danville, Ellen Easterly

assembled a list of people known to be either artists themselves or interested in arts and crafts. One person suggested a couple of names, another two more. Her list grew to fifty.

A Community Enterprise

She wrote a letter. Expressing the view that "we have not fully explored our cultural art here in Danville," the letter pointed out the city has "many persons gifted and skilled yet the public has not fully developed a community feeling of pride in the works of our artists." It went on to say, "We want this to be a community enterprise where everyone will be free to exhibit his works," and also pointed out that perhaps there were some who would like to learn certain types of handwork—develop crafts as a hobby.

Twenty-five people appeared at the first meeting in answer to the letter. A chairman was chosen by the group. Interestingly enough, he was a young businessman, himself an amateur artist and craftsman, and manager of Danville's Sport Shop.

The committee, appointed to locate the best place for the Arts and Crafts exhibit, secured an empty building in the heart of the downtown section. Another committee interested the schools. The Supervisor of Schools was put in charge of the elementary schools and their art. The high schools sent their exhibits. Entry day was February 20th for the amateurs—six days later for the professionals.

For the actual exhibit, one committee was in charge of the professional display. Another handled the amateur works. The original group was divided into committees-of-one to keep the exhibit going. It ran for the week of February 22nd, from ten in the morning to nine at night. On duty for two hours each, five people a day kept the exhibit open and operating.

Over 200 spectators attended the first day. Heavy hours were right after lunch and after five in the afternoon. Works exhibited ranged from water colors, oils, charcoals, and etchings, to skilled wood, soap and clay modelings and even hand-wrought pewter. About fifty amateurs entered their works, and nine professionals were represented. Further interest among the exhibitors themselves was added by having those amateurs who received the largest number of votes display their work with the professionals.

So high did interest run that a professional Danville artist now living in Texas sent a letter giving permission to open her Danville studio and

select any works the committee wished to exhibit. Another well-known professional, home on a quick visit and fired by the general enthusiasm, spent an entire evening putting the finishing touches to an oil and sent it up to the exhibit the next morning.

To hold the fickle interest of the public, window exhibits were changed every day. One day it was colorful basket weaving from the elementary schools. Another day, the 10 x 6 inch muslin depicting the flags of the Allied Nations, also the work of the elementary schools, was displayed.

Gourds for the Exhibit

The unusual was not lacking. One Danville woman, known for her many intriguing hobbies and unusual collections, raises gourds for a hobby. So successful in her gardening that gourd stems of 8 inches are not unusual. An artist as well as collector, she paints the gourds in Mexican designs. Besides the gourds, this enterprising woman contributed a 4 x 8 frieze which depicted in painting the various uses of gourds—as masks, waterwings, whistles, salt and pepper shakers, dry measures, soup strainers, baskets for all uses, drinking cups, and soap dishes.

The papers not only carried full stories daily, but editorialized. One message quoted the famous educator Angelo Patri's stirring words, "War is the ugliest curse that can fall upon men, and every bit of beauty that can be salvaged, preserved or created, is precious beyond price. Now more than ever the world needs the sculptor and every other artist who can bring a touch of beauty to our daily living."

Besides presenting community amateur work for the first time, the exhibit brought together the whole community. Colored citizens, too, were invited to exhibit their work. Although sponsored by the City Recreation Division, details were taken care of by a citizen's committee—participation as well as interest was community-wide. Danville's Arts and Crafts Exhibit is an example of what other recreation departments can do to counteract the tragic losses of war, so vividly pointed out, recently by a prominent national economist when he said that "wealth sufficient to equip full two universities sank in the North Sea with the destruction of the two ships, the Bismarck and the Hood."

An exhibit such as Danville's is an interesting answer to the conclusion drawn by *Fortune Magazine*, after its survey of 10,000,000 high school

(Continued on page 242)

The Case for Games as England Sees It

Our readers, we feel sure, will want to know what our British allies are thinking about games in the present crisis. This article originally appeared in the *London Spectator*, and rights for its use in this country were secured by the British Information Services exclusively for *Recreation*.

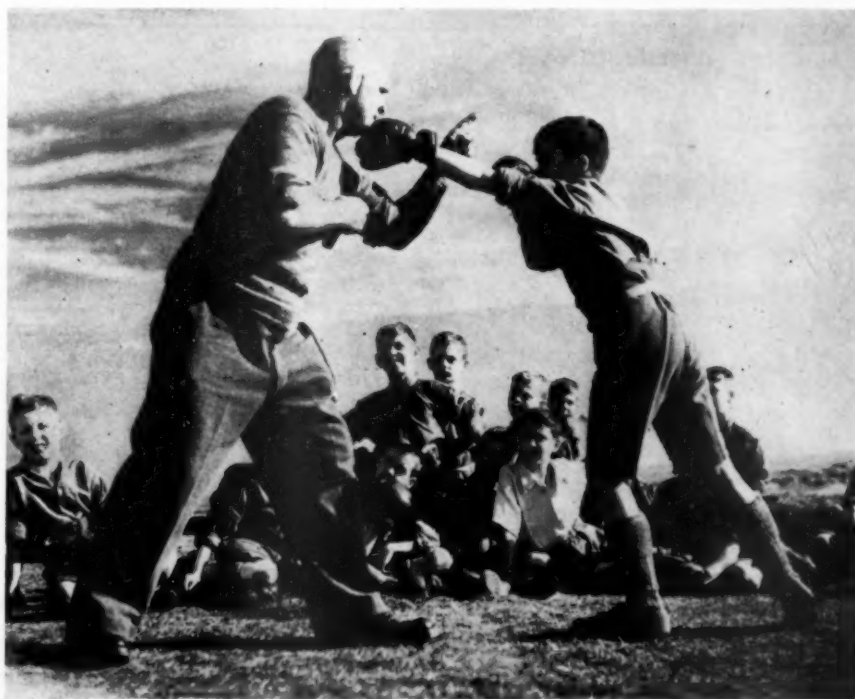
AT A RECENT SESSION of the B.B.C. Brains Trust, the perennial question was once more raised as to whether, in this country, undue attention is paid to games. A woman speaker who thought that this was so said that in the interests of a better world she would prefer her son to be good at scholarship rather than at games. Given so bald a choice probably most people would agree with her. But proficiency at games need not, of course, be incompatible with proficiency at work. Wisdom, more to be desired than both, is not necessarily the fruit of either, and as a part of our national education there is surely a good deal to be said for games.

There are no doubt many crafts, apprenticeship to which provides much of the physical fitness and dexterity that the playing of games helps to produce, as even the most grudging must admit. But in a modern industrial civilization many scores of thousands of people must inevitably lead an administrative, clerical or otherwise sedentary life.

Man, as a species, may or may not have been biologically intended for this. But such a life is, at any rate, very different from that which his survival has compelled him to live for the enormously greater proportion of his history. Throughout this time he has been a hunter, a warrior, a manual laborer, an

adventurer. His existence and health have depended on his bodily activity, the speed of his reactions in an emergency, and the wit which has resulted from the experiences so gained; and, apart from this, he has seemed to possess, as a species, an apparently non-utilitarian instinct for playfulness and play.

This has expressed itself, particularly perhaps among the Anglo-Saxon peoples, in a natural and extremely widespread love of games and allied physical recreations. A few years before the war I had occasion to interview upon this topic an unselected and consecutive series of one hundred fifty London working boys and one hundred London working girls, all between the ages of sixteen and twenty. Of the one hundred fifty boys, only eight had no outdoor hobby or recreation, and only seventeen, as it happened, belonged to such bodies as the Boy Scouts. But sixty-three regularly played cricket and football, seventy-two were cyclists for pleasure, forty-one were swimmers, fifty-nine were country campers whenever they had the chance, five were cross-country runners and six were gardeners. None of these boys was under any sort of compulsion. Their leisure was theirs to do with what they liked.



Courtesy British Information Services

This also applied to the girls, of whom eighty-one regularly went out for country walks, forty-one were tennis players, fifty swimmers, nineteen country campers, nine cyclists for pleasure, two track runners and three gardeners.

Too much should not be deducted from such relatively small figures. But they do at least suggest that the organized school games meet—at any rate for a large number of normal children—some deep desire apart from anything that they may do in the way of actual physical education. But even from this point of view they should never, in an industrial nation, be too lightly regarded.

Most games, and especially the ball games and such a recreation as boxing, open up—in a general atmosphere of *joie de vivre*—new channels in the growing child for the coordination of eye, ear, and the voluntary muscles, and provide special opportunities for the development of sense and muscle cooperation. With this is associated a cumulative and satisfying feeling of physical self-confidence which can prove nothing but helpful in after life, however or wherever lived. Later, when elementary proficiency has been acquired, these games afford chances for the exercise of mental judgment and rapid decision in conditions themselves not crucial but admirably suited as a preparation for conditions in which they may become vital. And it is difficult to see how all this could be done as well, if at all, in the classroom or laboratory.

But games, at any rate as played by the great majority, have a socially educative aspect at least as important. They are governed by rules accepted as necessary for their proper enjoyment but which must nevertheless be obeyed. Most games involve playing with and adapting oneself to others, sacrificing oneself from time to time in order to attain a common end and conforming—whatever one's private feelings—to the decision of the umpire or referee with grace and good temper, though not necessarily with slavishness.

If a referee or umpire, by common consent and after experience, shows himself to be incompetent, he can be replaced. But in any particular game he is the appointed judge whose ruling holds good. All this combines to form an experience that must

surely be valuable for life in whatever political or economic form of society; and again it is difficult to see how this could be secured so well, if at all, in a classroom, library, or course of physical training.

Finally, as generally played by the great majority—and not only in this country—games of all sorts have gradually developed a common standard of what is called sportsmanship, which is, after all—and however it may be decried—not altogether ethically unworthy. It recognizes that games are not to be won at all costs or unfairly. It recognizes that a man who is down is not to be kicked—or at any rate deliberately. It recognizes that if a doubt exists the benefit is to be given to the other player or the other side. It recognizes that minor blows and strains are to be taken good-temperedly and without self-pity. It recognizes that the happy

loser is as entitled to his meed of applause as the winner. It recognizes that the winner should be modest, or at least appear to be so. It recognizes that a game is never lost till it is won; and surely this is a code or, at least, a general attitude that might well be of some use in the building of a better world.

“A study of games is sufficient proof that competition is inherent in many of them.

I accept competition, then, because it is a fact and, I think, of value not only in play but in life. A game is a problem, and those who *play* it accept the challenge for its solution. Competition has no element of jealousy, envy, hatred and unfairness; it is a process of abetting one another in progressively greater achievements in individual efforts and in cooperative group interaction in which winning is not the chief source of enjoyment, but only one incident, even though an important one, in that it marks the final step in the solution of the problem. . . . Competition, then, has its rightful place because it is an inherent part of many games, but it has no place in many of them, not in such sports as swimming, skiing and skating, which are not competitive in any sense, and when they are made so they tend to lose their intrinsic value for the participants.”—*Neva L. Boyd* in “Play as a Means of Social Adjustment,” from *The Journal of Health and Physical Education*.

“... Every moment may be put to some use, and that with much more pleasure than if unemployed. Do not imagine that by employment of time I mean uninterrupted application to serious studies. No; pleasures are, at proper times, both as necessary and as useful; they fashion and form you for the world; they teach you characters and show you the human heart in unguarded moments.”—From *Letters of Lord Chesterfield* (1694-1773) to his son.

What They Say About Recreation

"WE MUST CARRY OVER to the new world that is to be our present understanding of the importance of conserving human values and natural resources as a foundation for individual well-being and national safety."—*Minnetta A. Hastings in National Parent-Teacher*, January 1942.

"We are a united nation today in the fullest sense, and this unity will be expressed in the songs which will be sung in our homes and factories and by our armed forces."—*Gene Buck in The Etude Music Magazine*.

"Hobbies are important. It makes little difference what the hobby is—wood-carving, book collecting, sailing, farming or any other avocation. . . . What is needed today is calmness, steadiness, equanimity and relaxation."—*Edgar V. Allen in Cracking Up Under the Strain*.

"At the moment we are facing dark days, and in these days the morale of our people and the spirit of determination will benefit through contact with great music."—*Dr. Thomas S. Gates*.

"What is of greater value to the parent than the increased regard and companionship which is cultivated through playing with children?"—From *Home Recreation in Wartime*, Los Angeles Department of Playground and Recreation.

"Happiness is an end result; it is not a means by which the goal is attained. The winding path that leads to the goal is one of mental poise and emotional wholesomeness—the highway of zest leading to the hilltop of satisfaction and inner content."—*Donald A. Laird in More Zest in Life*.

"What is lovely never dies but passes into other loveliness—stardust or seafoam, flower or winged air."—*Thomas Bailey Aldrich*.

"The importance of parks and recreation in times of national crisis can scarcely be overstressed. The first line of defense lies in the soul of a people and is anchored deeply in the land. In times of stress men and women draw peace, strength, and understanding from the hills, the forests, the waterways—places where quiet abounds."—*Harold L. Ickes*.

"A happy man understands the laws he obeys. That is the difference between him and the unhappy man. . . . Knowing about things, noticing how things fit together—that is just what happiness is."—*Robert P. Tristram Coffin in National Parent-Teacher*, January 1942.

"I would be happy to see my children enjoying the spectacle of sports but happier to see them sharing in them."—*Will Durant*.

"Now, when more leisure hours may have to be spent at home indoors, a library card is an insurance policy, a wise investment in free entertainment. Are the boys and girls in your family regular library borrowers? Are you?" From *Bulletin No. 1*, Los Angeles County Defense Council.

"In measuring the value of recreation, we are so obsessed by the numbers who now participate that we have forgotten all about the intensity or quality of their experience."—*Aldo Leopold*.

"The quieting effect of trees and the open country, the absorption of one's interest in birds and animals and the quiet country folk, are antidotes for propaganda and war hysteria, and one regains that perspective which is an essential of democracy."—*Isabel and Monroe Smith*.

"Let us carry the spirit of achievement from the playing fields and the pursuit of hobbies to the defense of our country."—*A. S. Barnes and Co.*

"A well-balanced life requires play as well as work, an alkali, if you may so put it, to neutralize the corroding acid of the 'fret and fever' in our lives."—*Dr. Eli Moschowitz in The New England Journal of Medicine*.

"Each neighborhood has its own place and its own duties toward the nation of which it is a part. For it is in the neighborhood that we find roots, that we begin to understand our life, that we find fellowship, and that we begin to work together for a common goal."—From *Report of Greenwich House*.

"We must, in the interest of national defense, build up, not diminish, the gardening spirit."—*J. Horace McFarland*.

Joseph Lee Day in San Francisco

LAST YEAR the Day's activities were opened with a special Joseph Lee Day proclamation issued by Mayor Rossi. During the week of July 31, open house was held in city

playgrounds where all activities were dedicated to Mr. Lee's memory. Municipal street cars carried window cards with the text "National Joseph Lee Day Open House on Neighborhood Playgrounds," and there were bulletin board notices on all playgrounds. The daily newspapers, thirty neighborhood papers, and recreation bulletin notices carried word about the program.

Camp Matthew, a municipal camp, and the Sigmund Stern Grove were the scenes of special ceremonies. At its summer meeting the Golden Gate Story League listened to the "Sunshine Fairy," a story written by Joseph Lee.* During the week of July 31 storyteller members of the League and playground directors told this story on all the city playgrounds.

At every servicemen's dance during the week there was a pause and a brief mention of the meaning and observance of Joseph Lee Day. An attempt was made to secure observance at the evening gymnasiums during the week by sending 120 notices to the groups using these facilities.

Central Play Day

A central Play Day was held at one of the playgrounds to which all playground groups had been invited. District programs were scheduled during the week and all playgrounds conducted programs and held open house. Featured in these programs was a wide variety of sports, games, plays, music and dance activities and novelties, swimming activities including a water ballet. Playground directors told their groups of the ideals and life work of Joseph Lee and the reason for the national observance of the Day. Over 100 recreation centers participated.

The Mayor's proclamation and bulletin board notices were displayed in the main room, the music room, and the children's room of the Public Library and in the Library's twenty-eight branches.

Miss Alicia Mosgrove, Recreation Commissioner, wrote and broadcast a program dedicated

Following the same general plan used in 1942, the San Francisco, California, Recreation Commission is completing plans for its 1943 celebration of Joseph Lee Day on Friday, July 30.

to Joseph Lee, interviewing five children about their recreation interests. Gertrude A. Freese, a member of the Department, gave a radio address on the life of Joseph Lee, a

history of the recreation movement, and told how the San Francisco Recreation Department is answering today's needs. The drama group under the supervision of Drama Supervisor Hester Proctor presented "Salute to Recreation," a dramatic sketch written by members of the group. So successful were these programs that program managers of local radio stations suggested a series of weekly programs by the Recreation Department.

Store Window Displays

Downtown stores in San Francisco have always devoted a great deal of space in their windows to Joseph Lee Day. Last year, however, President Roosevelt had designated July 30 and 31 as Victory Days in the war bond drive, so the stores devoted considerable space to war bonds. Nevertheless, thirteen downtown member stores of the Retail Association and two florist shops gave conspicuous treatment to the Mayor's proclamation, Mr. Lee's picture, and a statement prepared by the San Francisco Recreation Department.

For the 1943 Joseph Lee Day in San Francisco, programs of special features have been submitted by component departments, including music, drama, dance, athletics, and swimming; and units of specialized interests, including junior museum, municipal camp, handcraft, servicemen's activities, etc.

In addition to one central Play Day, zone Play Days and programs on all units have been planned and will include the presentation of Joseph Lee certificates of award to winners in major events.

Directors of each playground were also asked to submit the selection of a place on the playground—such as the field house, baseball diamond, court, etc. — for ceremonial dedication during Joseph Lee Day exercises. Plans have been made for securing "more time" on "more air" in spot radio announcements—advance and current, interviews, dramatic programs, and special features.

Efforts to inform workers, war and industrial workers especially, about the opportunities offered

(Continued on page 247)

* See back cover.

Joseph Lee's Favorite Games

As part of the program for Joseph Lee Day,
why not play some of his favorite games?

JOSEPH LEE DAY this year is July 30. As part of a recreation program dedicated to his memory we suggest the playing of some of his favorite games—games which he not only considered among the finest from a recreational point of view but also the ones from which he got the most personal enjoyment.

They are old games, which means that they are good games. They have survived many centuries, have been given new names, have been constantly adapted or revised by innumerable children—and they are still being played wherever a large group gets together.

Joseph Lee has so much to say in his book *Play in Education* about singing games that it is difficult to pick out any one paragraph. We have chosen this one, however, since it flings a challenge to the play leader on every playground:

"As to the particular story or drama to be enacted in the ring games, the children themselves are not particular so long as they have the two essentials, the circle and the dance and song. The dramas of love, or of trades or household occupation, even of medieval mythology, which the traditional ring games represent, are survivals of grown-up games and dances. There is opportunity here—which Froebel has so well made use of—to select those stories which we think most worth telling and to eliminate those that are stupid or convey an undesirable suggestion."

Looby Loo

(Singing, circle game)



Chorus

Here we go, Looby Loo— (circle skips to left)
Here we go, Looby Light— (" " " right)
Here we go, Looby Loo— (" " " left)
All on a Saturday night— (" " " right)

1. I put my right hand in—(thrust right hand into circle)
I put my right hand out—(withdraw right hand)
I give my right hand a shake, shake, shake—(suit action)
And turn myself about—(turn in place)
(Repeat chorus and action after each verse)
2. I put my left hand in, etc.
3. I put my right foot in, etc.
4. I put my left foot in, etc.
5. I put my curly head in, etc.
6. I put my whole self in, etc.

The Farmer in the Dell



1. The farmer in the dell, (Circle formation, Farmer in the middle. Circle moves to left during all verses except the last.)
The farmer in the dell,
Heigh O, the Derry O,
The farmer in the dell,
2. The farmer takes a wife, (Farmer chooses anyone from circle.)
The farmer takes a wife,
Heigh O, the Derry O,
The farmer takes a wife,
3. The wife takes the child, etc. (At each new verse, the newcomer chooses.)
4. The child takes the nurse, etc.
5. The nurse takes the dog, etc.
6. The dog takes the cat, etc.
7. The cat takes the rat, etc. (On last verse, circle halts and everyone claps. The cheese stays in circle and becomes The Farmer for the next game.)
8. The rat takes the cheese, etc.
9. The cheese stands alone, etc.

Roman Soldiers



Make two lines, each with joined hands, about six feet apart, facing each other—one Roman and one English. The Romans come forward three steps, click heels, and retire three steps on one verse, and the English do the same on the next verse. Alternate until after 14th verse. After that, all players move in a single line simultaneously.

(Continued on page 243)



Courtesy Playground and Recreation Association, Wilkes-Barre, Pa.

The Mayor Takes a Hand in Recreation

By ESTHER B. WILHELM
Mayor's Conference on Wartime Recreation
Buffalo, New York

"TO HELP make America strong, fit to fight and serve on all fronts; to help make America invincible, for it takes unbeatable and buoyant spirits as well as strong bodies to win in war; and finally, to help make democracy live by completing the mobilization of the home front, I have called in the City of Buffalo a Conference on Wartime Recreation to be opened by a rally at the Kleinhans Music Hall on Monday evening, March 8. . . .

"Whereas the purpose of this Conference is to stimulate and promote, in aid of the war effort, physical, mental, and spiritual fitness on the part of the citizens of Buffalo.

"I, Joseph J. Kelly, Mayor of the City of Buffalo, do hereby summon all citizens of our city to unite in support of this mobilization of our home front to the end that Buffalo, fit and fighting, shall do everything in its power to support America's war effort by thought, word and deed."

So ran the Mayor's Proclamation, published far and wide by a cooperative press and radio stations.

Came March 8th. The Philharmonic Orchestra Chorus, a hundred strong, singing "America" a cappella, was joined by the audience of over nine hundred citizens. . . . Distinguished speakers . . . a panel of experts in many recreational fields . . . questions popping at them from all corners of the auditorium . . . eager answers . . . ripples of merriment over a question or answer now and then . . .

an underlying understanding of the seriousness of the situation. Did the city respond to the Mayor's

clarion call? Did it show itself ready to do its part in the organization of the recreational home front? The answer is YES with a capital Y!

Now, that inspiring evening did not just happen nor were the twenty-six different interest groups that met on three succeeding evenings during the next two weeks whisked out of a hat.

You want to know the why, who, and how behind what is believed to be the first Mayor's Conference on Wartime Recreation to be staged in this country—or any other, for that matter? You want to know because you might like to do something about such a conference in your town? Well, we'll give you the low-down, and what's more we'll guarantee that if you follow the recipe, with a dash of local seasoning, your results will be as heart-warming and as productive of community cooperation as you could possibly wish.

The Reasons Back of the Conference

When Buffalo was born in the early nineteenth century, its strategic location had already destined it to become the industrial city it is today. The imminence of war and then the war itself magnified that destiny until it has become one of the country's leading war production centers. Thousands of its inhabitants have become war workers,

and these are supplemented by many more thousands who came to the city to take war jobs. Men's and women's and children's lives, too, have been literally turned topsyturvy by the swing shift and the graveyard shift.

Again because of its location and its consequent population, Buffalo became a vital link in the induction chain for the western end of this populous state. There is a constant flow of men and women passing through the city on their way to the armed services; there is a permanent group of men and women in uniform here for recruiting, induction, guard and anti-aircraft duties.

Finally, there are the rest of the people who live in Buffalo—neither in uniform nor in war plants—housewives, teachers, businessmen, those carrying on their ordinary peacetime jobs as best they can during this period of stress and strain, of tension and bewilderment.

Affecting the lives of all those folk could be found the eternal problem of money—too much or too little. Too much in many instances where high wages and overtime wages put money into thousands of pockets there to burn its way out, sometimes burning its owners; too little in other instances where the wages and salaries, standardized on a prewar or even depression scale, mean real deprivation. Delinquency, both child and adult, reared its ugly head. Many of the real values of life, for which the war itself is being fought on wide-flung fronts, were slipping, temporarily at least, into oblivion.

There you have the problems in a nutshell, problems repeated in many communities in the country, and the Mayor, sensing them and determined to take the proverbial stitch in time, called his Conference on Wartime Recreation.

The Purpose Behind the Plan

As long before the Conference as December work was begun on the tremendous number of details involved, the framework gradually emerged, and the purpose of the Conference was publicized generally and made known on the thousands of invitations that were mailed to the citizens of Buffalo—"To stimulate and promote physical, mental, and spiritual fitness on the home front by:

1. "Ascertaining and verifying facts regarding the recreation needs and facilities of the area for

A limited number of sets of programs and resolutions from the Conference are available, and may be secured on request from Mrs. Esther B. Wilhelm, General Secretary of the Mayor's Conference on Wartime Recreation, Department of Parks, Buffalo, New York. Requests should be accompanied by ten cents to cover the cost of postage.

servicemen, industrial workers, and the general community.

2. "Stimulating, promoting, and coordinating recreational expansion in any field or locations where facilities are found inadequate.

3. "Devising means for the dissemination of information concerning recreational facilities—municipal, philanthropic, private, and commercial—to all persons living within the area."

ties—municipal, philanthropic, private, and commercial—to all persons living within the area."

Who Did the Job?

Acting as honorary chairman himself, the Mayor appointed the Commissioner of Parks, the Hon. John A. Ulinski, as general chairman of the Conference. The Conference headquarters were established in the City Parks Department in the City Hall, and work began in earnest.

Under the chairmanship of Commissioner Ulinski, a cabinet committee of fifty-four appointed by the Mayor was organized, this consisting of city department heads, civic leaders, and representatives of a wide cross-section of recreational interests.

A working committee of six was selected from the cabinet to act as a steering or executive committee. Then, to coordinate the related groups for the Conference sessions, thirty-five organization coordinators were appointed and fifteen activities coordinators were asked to plan and be responsible for the individual sessions. To a resolutions committee, elected by the cabinet committee, was given the responsibility of whipping into shape the resolutions that would come from the various activity sessions through the resolutions subcommittees in each group.

Lists of organizations and individuals were painstakingly prepared. Contacts were made with thousands of organizations and individuals by mail and in person, and organizations were invited to send delegates to the Conference sessions. Hundreds took an active part in planning the program and carrying these plans to completion.

How the Plan Worked Out

Chairman Ulinski gave the main address at the opening session of the Conference and set the theme, as the following poignant extracts show:

"We must first obtain, understand, and disseminate all the facts relating to recreation in this emergency.

We need to use far more effectively the facilities we have. Their use must be extended to all of our people and at times regressed to our present-day occupational hours. Private, semipublic, and public resources should be expanded to the full—physical training programs because of their value to all who participate in teaching courage, initiative, team play, and in developing physical stamina; cultural recreational programs, such as fine arts and music, must be made available in coordinated programs offered to our warriors, industrial workers, and those whose shoulders are carrying the normal burdens of our pursuits. . . .

"How to keep the large domestic forces fit, alert, and vigilant; how to provide relaxation to the ever-increasing army of industrial workers who are under extreme strain—that is the question. We know that limited budgets have left normal recreational problems unsolved, and the war has created new ones. Industrial and military communities present a vexatious problem, but our facilities, already overtaxed, must be made available in a planned way. . . . There is an influx of industrial as well as military population in this area. Their needs, as well as those of our own citizens, present the problems that this Conference has been called to solve. . . .

"You who represent the home front of Buffalo and the Niagara Frontier are to be highly commended for your keen and lively interest. This weighty problem can be solved by cooperation and by an insatiable desire to help. You bear living testimony to both. The specialized conferences which will follow are to aid the agencies, private as well as public, in the solution of their problems. The indefatigable spirit of the various committees exemplifies success for this fine undertaking. Radio, newspapers, personnel managers, industrialists, social agents, recreational specialists, educators, businessmen, civic leaders, laborites, artists, musicians—here is a fusion of all the human forces on the Niagara Frontier that are working together toward the solution of our recreational problems. . . . Let us in this community produce healthy stalwarts in industry, 'fit and fighting' men and women who shall strain themselves to pass the ammunition to our heroic boys on the several war fronts, uninterruptedly and energetically. Only then can we, the citizens of this locality, be proud of the part we have played in placing Buffalo and the Niagara Frontier as leaders in the solution of these war recreation problems."

Activities Sessions

Three evening sessions, devoted to special activities and held in a centrally located high school, followed, two in the next week (March 12 and 16) one in the following week (March 19). In this connection it should be noted that all sessions of the Conference took place while the ban on

pleasure driving was in effect, but the OPA considered it of such paramount importance that it expressly granted permission for the use of private cars where a convenient means of public transportation was not available. At these activity sessions there was a sustained attendance of between two and three hundred each night.

Each of these three sessions was preceded by a general half-hour session with a speaker, after which the groups divided into their several interests and retired to separate rooms. Each had a theme, and an outline of the sessions will give an idea of the scope of the Conference.

March 12th—"Make America Strong"

Fit to fight and serve on all fronts. Keep in trim for Victory.

Subjects: Baseball (hard and soft), cricket, soccer, handball, skiing, skating, tobogganing, hockey, hunting, shooting, fishing, bait casting; tennis, badminton, squash, volleyball, golf, horseshoes, archery, basketball; swimming, rowing, and water safety; track and field; commercial — bowling, roller skating, riding, pool, billiards.

March 16th—"Make America Invincible"

It takes unbeatable and buoyant spirits as well as strong bodies to win the War!

Subjects: Art interests;

conservation (outdoor activities—camping, hiking, nature study; crafts; dramatics; music; photography (still and movies); radio; reading, study, research and writing; special interest (hobbies).

March 19th—"Make Democracy Live"

Save transportation — Grow food in Victory Gardens. Revitalize home and community recreation. Mobilize the home front.

Subjects: Victory gardens; home and neighborhood recreation; homemaking, home economics; nutrition, home nursing, home decoration; lectures, discussions, debates and forums; patriotic celebrations and parades; scheduled and special programs; social activities, dancing, cards; young adults—programs in social action; youth group.

At each of these group meetings those present were asked to register, each organization represented was invited to explain what contribution it can make in the special field being considered, the group explored ways to provide adequate wartime recreation facilities in such field, and finally, the

consensus was crystalized into resolutions looking toward a practical program of recommendations that it is hoped will produce the desired action.

Each chairman of the activity sessions was asked to provide himself with a secretary to take minutes (the Office of Civilian Mobilization helped out splendidly with its volunteers!), and these, together with two typed copies of each resolution adopted by the activity session were filed at Conference headquarters within two days after the group meeting adjourned.

"We Resolve"

Following this series of activity sessions the resolutions committee on March 26th was presented with a group of ninety resolutions framed and adopted during these sessions. This interested and hard-working committee of 111 men and women devoted the best part of a day to considering and reworking, to avoid duplication, the resolutions for presentation to a joint meeting of the cabinet committee, coordinators, session chairmen, and activities chairmen of all sections which was held on March 27th in the Council Chamber in the City Hall. This series of seventy resolutions was duly adopted with slight revisions.

Action, Please!

Because of the scope and force of the resolutions, Commissioner Ulinski requested the cabinet and general resolutions committee members to continue to function as members of a general committee, and as such a committee was unwieldy in toto the Commissioner then appointed sixteen of its members to an executive committee.

At the first meeting of the executive committee on April 2nd the seventy resolutions were reviewed, and the General Secretary was requested to notify the various committee chairmen and department heads who had been asked to take action under the several resolutions.

This involved setting up fourteen subcommittees to accomplish concrete objectives. The outline shows the roads down which the community is traveling toward its desired goals.

1. Sportsmen's clubs to handle leadership and instruction on fly and bait-casting and juvenile fishing in city-owned lakes and ponds.

2. Music committee to plan and stimulate park and neighborhood concerts and community singing.

3. Dance committee to plan and promote park-plan dancing properly policed for general citizenry, defense workers, and servicemen.

4. Committee of the clergy to assist in the development of neighborhood programs.

5. Health committee to promote and publicize the "Importance of Health" campaign.

6. Young adults to stimulate the inclusion of young adults into the bodies planning and functioning in programs pertaining to social action—debates and discussions in neighborhood groups and in smaller social gatherings.

7. A committee of nine (three from the City War Council Recreation Committee, three from the County War Council Recreation Committee, three from the Council of Social Agencies)—to call meetings of representative community or neighborhood groups to plan recreational programs for the neighborhoods where the citizens find it desirable after the city has been subdivided into practical districts by the City Planning Commission in cooperation with the Recreation Division of the Parks Department.

8. Homemaking committee to cooperate with any neighborhood groups that may be set up as well as individual organizations wishing aid in any of the homemaking fields.

9. Craft committee to cooperate with neighborhood groups that may be set up as well as individual organizations wishing aid in any of the crafts.

10. Dramatic committee to cooperate with neighborhood groups that may be set up as well as individual organizations wishing aid in any of the dramatic fields.

11. Art committee to cooperate with any neighborhood groups that may be set up as well as individual organizations wishing aid in arts.

12. Public information committee headed by the Librarian of the Buffalo Public Library, using libraries and branch libraries and other established institutions as information centers.

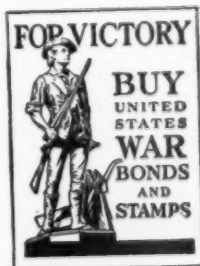
13. Water safety committee to stimulate interest in and promote instruction in swimming and water safety.

14. Patriotic celebrations and parades committee to cooperate with neighborhood groups.

Widening Fields

Other resolutions pertaining to fuller use of city parks, the Education Depart-

(Continued on page 241)



A House-to-House Recreation-Interest Survey

THE WAR Recreation Committee of Rome, New York, requested a subcommittee to make a spot survey of the city to ascertain the type of recreation desired by its citizens. The following steps were followed in making that survey:

1. A questionnaire was prepared by the committee.
2. The city engineer's office assisted by listing every tenth address on the tax maps.
3. These addresses were divided into blocks of ten for convenient handling.
4. The Civilian Defense Volunteer Office lent enough workers to make the survey. These were trained by the committee and sent into the homes to gather information.
5. Volunteer workers from the Office of Civilian Defense summarized the check sheets and turned the results over to the committee.
6. These results show that 453 men's questionnaires were returned properly filled out, and 531 were completed for the sampling of the women of the city. Both together totaled 984 fully completed questionnaires.
7. The results for each item were changed to percentages of the whole to show what proportion of the men and women of the city were interested in each of the 121 items listed.
8. The activities receiving the highest coefficients of interest were listed in order. (See Tables 1, 2, 4, 5, following.)
9. Those items in which both men and women were to participate were combined into a separate compilation (Tables 3, 6, and 7) by adding their coefficients of interest as compiled from both the women's and men's questionnaires. This coefficient of interest shows the approximate percentage of the questionnaires on which each item was checked. If the sampling is a true one, and we believe it is, the interest coefficient should give a basis for making a fairly safe guess as to the number to provide for in a recreation program.

How to provide recreation for the growing number of war workers is an acute problem. *Partners in Victory*, by E. C. Worman in collaboration with a number of secretaries for Service in War-Industry Communities, discusses this subject in connection with other problems involved in a consideration of Y.M.C.A. policies and progress in war-industry communities, and of adjustments made in the past year to meet wartime conditions. We offer here some extracts from the book.

TABLE 1

The First Ten Coefficients of Interest in Various Activities for the Winter Season, as Expressed by Men

Listening to the radio	16.8%
Reading	11.8
Bowling	10.7
Football	8.1
Card parties	6.4
Movies	5.8
Theater	5.6
Conversation	5.3
Dancing	4.2
Bridge	3.8

Other activities, in the order of their interest, are: basketball, billiards, boxing, ice skating, Red Cross work, Camera Club, Civilian Defense, parties, loafing, listening to the victrola, concerts, visiting, carpentry, playing musical instruments, apparatus work, religious training, choral singing, playing in the band, miniature railroad, and shuffleboard.

TABLE 2

The First Ten Coefficients of Interest in Various Activities for the Winter Season, as Expressed by Women

Listening to the radio	32.7%
Reading	24.0
Movies	19.6
Needlework	17.4
Card parties	15.7
Knitting	15.7
Parties	10.0
Dancing	9.8
Conversation	9.8
Parent-teacher work	8.6

Other activities, in the order of their interest, are: child care, cartooning, visiting and entertaining, concerts, loafing, ice skating, bowling, Red Cross work, collecting stamps and coins, community sings, bridge, first aid, interior decorating, cooking, solo artists, religious training, Civilian Defense, listening to the victrola, dress designing, writing letters, English study, tobogganning, choral singing, lectures, debates and forums, playing musical instruments, swimming, library, amateur radio, U.S.O., nature study, painting landscapes, tramps and trail, ping-pong, art appreciation, carpentry, shuffleboard, roller skating, skiing, amateur dramatics, basketball, badminton, volleyball, shooting, gymnastics, archery, athletic apparatus, horseback riding, writing, snowshoeing, lifesaving,

hunting, public speaking, Camera Club, painting still life, painting figures, woodcarving, pottery, basket weaving, and play reading and study.

TABLE 3

The First Ten Coefficients of Interest in Activities for the Winter Season, as Expressed by Both Men and Women

Listening to the radio.....	24.7%
Reading	17.9
Movies	12.7
Card parties	11.0
Bowling	9.1
Conversation	7.6
Dancing	7.0
Social parties	6.1
Bridge	5.6
Ice skating	5.3

Other activities, in the order of their interest, are: Red Cross work, concerts, visiting and entertaining, Civilian Defense, listening to the victrola, religious training, solo artists, choral singing, playing musical instruments, swimming, ping-pong, roller skating, shooting, and horseback riding.

TABLE 4

The First Ten Coefficients of Interest in Activities for the Summer Season, as Expressed by Men

Fishing	16.7%
Baseball	16.4
Radio	14.6
Reading	12.7
Conversation	9.3
Camping	9.3
Swimming	6.0
Boating	5.8
Bowling	5.8
Movies	5.8

Other activities, in the order of their interest, are: gardening (flowers), theater, card parties, horseback riding, golf, football, cycling, basketball, dancing, badminton, backyard games, bridge, horseshoe pitching, Civilian Defense, victrola, carpentry, picnicking, loafing, Red Cross work, concerts, musical productions, visiting and entertaining, Camera Club, gardening (vegetables), ping-pong, billiards, boxing, lifesaving, softball, caring for pets, playing musical instruments, religious training, parties, playing in the band or orchestra, unclassified hobbies, handball, gymnasium apparatus, shooting, tennis, writing letters, croquet, lodge meetings, and choral groups.

TABLE 5

The First Ten Coefficients of Interest in Activities for the Summer Season, as Expressed by Women

Needlework	33.8%
Listening to the radio.....	32.6
Reading	24.1
Movies	18.2
Picnicking	15.9

Swimming	12.9%
Knitting	12.9
Dancing	12.6
Card parties	11.6
Conversation	11.4

Other activities, in the order of their interest, are: the theater, collecting stamps and coins, parties, dress designing, child care, cycling, visiting and entertaining, camping, tennis, loafing, cartooning, concerts, cooking, first aid, roller skating. Red Cross work, bridge, horseback riding, parent-teacher activity, community sings, fishing, musical productions, boating, religious training, Civilian Defense, solo artists, tramp and trail, golf, playing of the victrola, interior decorating, archery, bowling, gardening (flowers), billiards, croquet, letter writing, baseball, English study, ping-pong, lectures, library, lodge and clubs, nature study, playing musical instruments, amateur radio, badminton, horseshoe pitching, choral groups, U.S.O. activities, debates and forums, carpentry, shooting, art appreciation, backyard games, volleyball, amateur dramatics, hunting, shuffleboard, Camera Club, public speaking, writing, painting figures, painting landscape, gymnasium apparatus, football, handball, lifesaving, gardening (vegetables), and handcrafts.

TABLE 6

The First Ten Coefficients of Interest in Activities for the Summer Season, as Expressed by both Men and Women

Listening to the radio.....	23.8%
Reading	18.0
Movies	11.9
Fishing	11.1
Conversation	10.4
Baseball	10.1
Swimming	9.5
Picnicking	9.3
Camping	9.1
Card parties	8.2

Other activities, in the order of their interest, are: theater, dancing, cycling, parties, boating,
(Continued on page 240)

Partners in Victory, an Association Press publication, though designed primarily for workers in the Y.M.C.A. movement, is so challenging a document and contains so much of interest and practical help for recreation leaders conducting activities for workers in war industries that copies are now being made available, at \$1.00 each, from the National Recreation Association.

Recreation in War

THE CURRENT discussion in the papers over the curtailment of school sports naturally arouses interest in the importance of all recreations during wartime. Even though our President some years ago officially gave out a statement in support of maintaining healthful recreational programs, there still seems to be some doubt that such programs are serving patriotic ends. There is a feeling, for example, that the customary peacetime recreations divert our people's time from more needed war pursuits, that they use up tires and materials, and that they detract people's attention from the grimmer aspects of the war.

But let us look at the other side of this question.

True, we are a nation at war. Our energies are rapidly being converted to the immediate aim of self-survival and the more remote aim of accomplishing a permanent peace. We find ourselves forced to take stock of our resources; resources not only in the form of armaments, civilian protection, commodities, man power, and physical fitness, but also of those intangibles of the human spirit—morale and the will to win. Thus considered, recreation assumes its rightful place as a boon in this day when discouragement and tragedy stalk our everyday life; for recreation is meant to uplift and to uphold and not to tear down and destroy. Recreation cheers the human spirit; it is a *re-creative* tonic for a tired body and weary soul; and more than that, it is an avenue for self-expression—an outlet for eager muscles and for eager impulses.

Truly, then, recreation has its place in a nation at war—and an important place. We are all being called upon to work harder than ever before. More and more, the limits of endurance will be reached. We must take heed, therefore, of some of the common phenomena that we have tacitly come to accept as wise and in the nature of forethought. The musician does not keep the strings of his instrument taut all the time; the drummer has learned to loosen the head of his drum when it is not being beaten; the athlete knows better than to try continuously to break his record. And so in the same sense, none of us can work all the time at sustained

Much is being said and written these days about the values of recreation in wartime. An editorial which appeared in the November 1942 issue of *The Journal of Health and Physical Education* presents these values so convincingly that we are reprinting the statement.

pressure. Physiologists tell us that when we are completely tired we need rest or sleep; but that when we are only partially tired we can get relaxation and even recuperation by doing something different from the thing we have been doing. Here is where

recreation comes in to supply a felt want. It offers a variety of activities that in turn offer change. And in change there is relaxation.

Specifically, then, we are ready to state some of the essential contributions of recreation to a nation at war. It will help us to relax from the constant tension of attending to the war. In our chosen recreative pursuits we can forget—even though temporarily—the scare headlines of the newspapers, the repetitious news broadcasts of the radio. We can retire to a world of harmony, creativeness, and sociability; one without strife. Thus refreshed, we find a therapeutic agent for the mental stability so needed in these days of worry and trial. *And, paradoxically, for this very reason, it can be said that any recreation that helps us to forget the war will help us to win the war.*

But more than that! We can by judicious selection of recreative activities put recreation to work in our patriotic cause. We can engage in physical activities that will help to build physical fitness, not only for ourselves as individuals but for the nation collectively. Certainly those activities that contribute to optimum health, to rugged development, to endurance, to personal safety, and to combative spirit have survival value in the emergency at hand. One's work today is not of the type that gives such all-around physical preparedness. Therefore it must be supplemented by those forms of physical exercise that best train the individual to perform difficult feats with ease and economical expenditure of effort. Total-body exercise has its place in giving this optimum of conditioning and service.

Assuming mental stability and a body trained to its peak in health and skill, are there other special services that recreation may be called upon to render? The answer is *yes*. Recreation is being called upon to furnish a community of interest

(Continued on page 242)

Boston's New Playground

THE SITE of the house where John Harvard lived and of the meeting house in which he preached more than 300 years ago has now become a playground where the boys and girls of Boston will enjoy many happy hours in years to come.

An alumnus of Harvard, who remains anonymous, purchased this property on Town Hill in the Charlestown section of Boston and deeded it to the University with the expressed hope that the University would in turn give the property to the city of Boston as a playground. Municipal authorities met the expense of converting the property to a playground area and on May 2 the John Harvard Mall was dedicated.

Town Hill is an historic spot. Here in 1630 came John Winthrop and his company of about eight hundred, making the strongest settlement in Massachusetts Bay and leading shortly to the settlement of Boston.

John Harvard came to Town Hill as a puritan minister from England in 1637 and lived there until he died the following year. He left half his estate and his complete library of over four hun-

"Few men in history of whom we know so little have left a more enduring monument than the one in whose memory this noble gift is dedicated today."—Dr. Charles H. McIlwain.

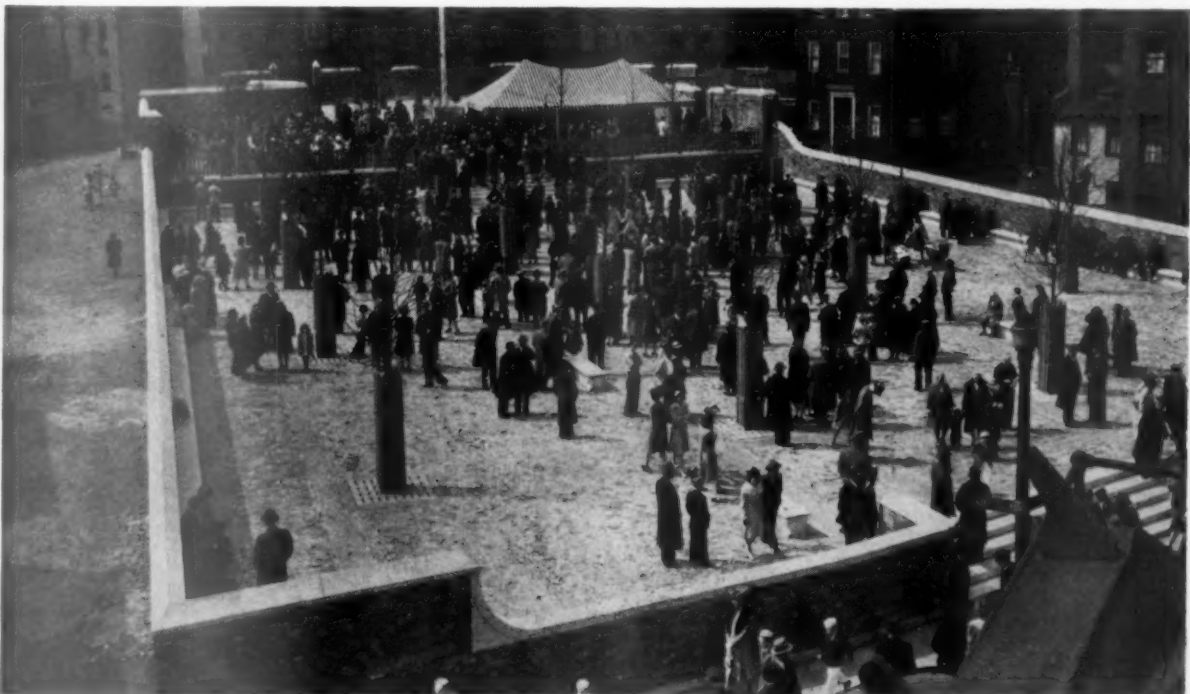
dred books to a college which had been established just two years before, and for this benefaction the Great and General Court of Massachusetts Bay "ordered that the Colledge

agreed upon formerly to be built at Cambridge shall be called Harvard Colledge."

At the dedication exercises for Boston's new playground special messages were delivered by President James B. Conant and by Dr. Charles H. McIlwain, Eaton Professor of the Science of Government at Harvard. Governor Leverett Saltonstall of Massachusetts was also present and spoke briefly.

In making the presentation to the city, Dr. Conant said: "We take a moment today from the thoughts of a desperate war in order to hold a simple ceremony. In one sense our gathering this afternoon has no relation to the bitter struggle in which the nation is now engaged. We launch no ships, review no troops, present the country with neither arms nor ammunition. Rather we open a peaceful playground for the young, a pleasant breathing space in a city's turmoil. Yet in so doing

(Continued on page 246)



Harvard University News Office

After Retirement—What?

By MARVIN S. PITTMAN

GROWING OLD in years but keeping young in body, mind and spirit is an art. It is a fine art with some. Youth lingers with Bernard Shaw, Henry Ford, Senator Carter Glass, and a few others who, like them, have maintained their youth by the prosecution of thrilling interests—writing books, manufacturing automobiles, or leading battles for political progress. They have been too busy to be conscious of birthdays, and time has passed, therefore, too swiftly to leave a deep impression.

Unhappily, all of us are not so fortunate in the nature of our work or the conditions of our employment. Most of us work under conditions which make us continually conscious of the passing of the years. Insurance policies, employment conditions, retirement regulations, and of course our friends remind us of the accumulation of birthdays. Rules are made and enforced which require our retirement from our chosen vocations at certain age limits, regardless of physical vigor, mental penetration, or moral power.

This fact has raised serious social, economic and governmental problems. But while the public is

**Professor Winstead has his answer.
What are you doing to find yours?**

making up its mind as to the best methods of dealing with these issues, Robert Whitthorn Winstead, Professor of Latin at the Louisiana State

Normal College, has solved this problem for himself. During the many years that he has been teaching, he has learned and practised a variety of leisure arts with happy results. They have provided relaxation from his work throughout the years and now they constitute a refuge to which he may turn with confidence and satisfaction.

Since 1908 Mr. Winstead has been teaching at the Louisiana Normal College. His tenure as a teacher is now coming to an end. In compliance with the rules, he must turn his back upon his classroom and take up other pursuits. Fortunately he has a bag full of interesting tricks—golf, fishing, hunting, music, creative arts, and church work—any one of which would be an asset for most men as they approach the tape line marked "Retirement."

First of All—Community Service

Professor Winstead's interest in and knowledge of golf is the outgrowth of the needs of the Louisiana Normal College and the community of Natchitoches for wholesome physical sports. Twenty years ago he did not know a golf course from a race track, a niblick from a putter. The college owned a large and beautiful tract of land adjacent to the campus and ideally suited for a golf course. Its students needed recreation and education for their leisure and golf was in the air. Other colleges were establishing golf courses, so, why not Louisiana Normal? It had the land. It had the need. All it lacked was a leader



Fisherman Winstead on Natchitoches' Cane River

—someone who would look after the planning and construction of the course and then get the students to use it. Always willing to help out, Professor Winstead volunteered his services and was chosen for the job.

So the job was done—well done. Salary? Nothing, of course.

Presently the lovely little city of Natchitoches, with a population of from 4,000 to 5,000 removed from the current of traffic by the red Red River and seven long miles, decided that it also should fall in line with the trend of the times and take up the sports in vogue among its city neighbors. It, too, decided to have a country club and a golf course. So once again "Prof" Winstead was commandeered and put to work on the job of planning and perfecting another golf course, at the same salary he had received for the job at the college! Again the job was well done, and the Natchitoches course is worthy of the admiration of the critics and is a delight to the experts—the chaps who really know. When they come to play and want competition, real competition, they call for Robert Winstead, the golf playing, Latin teaching, college professor.

Fishing—An Art

While golf is a somewhat recent sport for the professor, fishing is an art which he learned away back when he was carrying buck-eyes and rabbit feet in his pockets for good luck, bearing stone bruises on both heels, and vying with red heads for honors in the mulberry trees. The creeks and small rivers that ran out of the Tennessee hills, where he was reared, were filled with fish sixty years ago—trout, bass, bream. He learned how to catch them with a pin hook, an art which makes him a master fisherman now on Natchitoches' Cane River where fish abound.

Fisherman Winstead no longer uses a pin hook. He has all sorts of fancy reels and hooks, strings and bags, boats and baits, but they aren't really necessary for his fun. When he "quits professoring," he says, he's going back to Shady Bend on Duck Creek and fish as he used to in his boyhood days—pin hook, ground puppies for bait, bare feet, stone bruises and all that makes catching fish real fun and eating them a boy's paradise.

A wise hunter is one who adjusts his hunting to his environment. A hunter who can get satisfaction only when he can kill lions, tigers, polar bear, elk, mountain goats or deer, is limited in oppor-

When Professor Winstead teaches his last class at Louisiana Normal College and closes and locks his desk, he will know, from long association with hobbies of many kinds, just how to spend his leisure most enjoyably.

tunities to enjoy his sport and finds the sport very expensive—too limited in fact and too expensive for a professor in a Louisiana Teachers College. Even bear, deer, ducks, geese, and game birds are protected

by game laws in Louisiana and good hunting grounds are far removed from Natchitoches, even when the hunting season is on. For that reason, Professor Winstead selects the type of hunting which lasts the year round and at the same time has genuine sport in doing it. Of course he hunts quail in season. He has excellent dogs and guns to suit the occasion. Squirrel hunting is indulged in occasionally, but his real sport is hunting birds of prey—particularly hawks and crows. Anyone who can bag those clever birds is worthy of a distinguished service medal as a real sportsman!

Mr. Winstead does the greater portion of his hawk and crow hunting while driving his auto. He drives along the highways and country roads until he sees a hawk or a crow. Before the bird knows it, he is only another notch on the professor's game log, which acquires hundreds of new notches each year. This sport with the gun not only protects the watermelon and peanut patches and chicken yards of the farmers, but also relaxes the nerves and strengthens the body of the professor.

Selecting, buying, repairing, and remodeling guns is an interesting by-product of Mr. Winstead's hunting. He keeps a well equipped armory with guns to suit his needs. He has a Crossman air rifle with which to shoot rats and sparrows, a .22 caliber repeating rifle for squirrel hunting, two Winchester pump guns of different gauge for quail and duck hunting, and two guns for his main sport of shooting predatory birds, one improved Hornet rifle and a Lovell rifle. Besides these, all of which are in perfect condition for use, he has a collection of antiquated gun and pistol models that would be an asset for any museum.

Music

But Professor Winstead does not depend upon the golf links, the rivers and lakes, or the woods for all his recreation. Many hours are made delightful by music from his guitar or 'cello, by singing or by listening to the world's best music on the phonograph or radio. It was in an old-fashioned Tennessee "singin' skule" that he learned the

(Continued on page 247)



Walking the broomstick at one of those affairs-without-men which the ladies have learned to like



The shuffleboard courts are especially popular with war workers and older men who are retired



Houston Takes In

Like many another city, Houston, Texas, went on a wartime schedule in 1942. How the Recreation Department adjusted its program to meet new needs is described here in extracts from the annual report.

WARTIME ACTIVITIES played an important part in the program of the Houston, Texas, Recreation Department during 1942.

With the cooperation of the Federation of Women's Clubs, the American Red Cross, and individual volunteer instructors, war classes and production groups were begun in all park clubhouses late in 1941. These groups, including the Red Cross first aid, home nursing, nutrition, knitting and sewing, continued throughout the year, with new ones being formed as others finished. Consumer education and canteen classes were added later in the year. A by-product has been the old-time neighborliness they have fostered. Victory dinners and luncheons were a practical application of the principles taught in the nutrition classes.

The large dances for servicemen held in the city auditorium last year had to be abandoned for several practical reasons early in 1942. Civic clubs were encouraged to continue their dances, picnics, and other entertainments for servicemen. The Sunday afternoon open house at the Recreation Clubhouse was continued, and monthly dances were held at the Playhouse. More than forty service clubs, social clubs, and other organizations have extended their services through cooperating with the Department and its War Activities Committee in these affairs.

A crowd of neighborhood "gypsies" turns out for an evening of fun around a huge community pot of stew at Milroy Park

More Athletics Now, Not Less

By HOWARD G. RICHARDSON

Assistant Supervisor of Health and Physical Education
State of Virginia
Richmond, Virginia

AS WE ENTER the New Year, there seems to be a wave of uncertainty among some athletic directors in high school about this year's athletic program. The hysteria has entered the ranks of the boys who are our high school athletes, and they are anxiously asking the question, "Will we have athletic teams this year or do we have to drop the various sports for the duration?" These boys should be told that

Reprinted from
School Activities
February 1943

there is every reason to believe that the program will not be cut, but rather enlarged under a new set-up. The new type programs call for a greater number of boys participating on competing athletic school teams. This brings to mind several questions which need further clarification.

"What can we do about the transportation problem?" The situation of traveling is getting worse, not better. We did not have automobiles or buses using gasoline for transportation in the early days, but we did have athletic competition. Is there any reason why we can't have our athletic competition now, but set up on a basis different from that of our peacetime program? Our new program must be geared on a wartime basis, and this means a curtailment of trips, especially any long trips.

We must be determined not to use private cars or special hired buses to transport teams. This means that buses which transport school children only, should not be given authority to transport teams from the school which gives this bus company business. Furthermore, we can use the trains and public buses which follow regular public schedules. Of course, it means much inconvenience for those in charge of transporting a team, and it means longer traveling time, but it can be done. If buses which follow regular routes are used, we are not using any more tires or gas than ordinarily would be used. Furthermore, it is

"We need competition, and if we are interested in athletics and its promotion, we will continue to have more athletics and not less, regardless of what restrictions might be placed on our athletic directors. Cancellation of schedules is not solving any problems; it is accepting defeat. Do not cancel schedules; carry on as the boys in uniform do. Athletic-trained boys make the best boys in uniform. Again—not less but more athletics to help in the war effort. That is one way to do our part."

paramount that short trips to easily accessible schools be scheduled. It is also suggested that a series of games be ar-

ranged with each neighboring school; i.e., School A plays School B a series of best two out of three games. The most that either school travels is two trips, and since the schools are near each other, the amount of traveling is a minimum, and each has potentially three games on its schedule, at least two games.

We should have more and more, then again still more athletic competition among representative teams on the above suggested basis. Furthermore, this competition should not be for public consumption. It should be arranged to suit students of competing schools. Is there any reason why we should not have athletic competition after school during the week, thus eliminating all night competition and all week-end games. Perhaps this may not satisfy "Joe Public" or many friends of the boys on the teams, but it would satisfy our war effort to conserve on transportation and to enlarge upon healthy athletic competition. Perhaps many of the evils of professionalism—playing for scholarships, proselyting of athletes, etc.—would disappear. This in itself would justify the new proposal.

Perhaps you may be one who is saying that the new suggestion means going back to an intramural program and abandoning the varsity program that we now have. In reality it means the promotion of a larger intramural program and the organization of a large extramural program, which is the varsity program without the public glamour. Is there anything wrong in promoting a program of extramural athletics as an outgrowth of intramurals instead of a varsity program? Furthermore, there should be no fees charged to see these games, and when they should be played is up to the schools participating.

The next problem one might ask is "Can we get equipment?" If you now

(Continued on page 240)



New York City Holds a Championship

By JAMES V. MULHOLLAND

Director of Recreation
Department of Parks

REALIZING the importance of recreation for youth during wartime, the Department of Parks in New York City conducted a Spring Sports Championship during the months of April, May and June. A suitable incentive was necessary for the success of such a tournament, but this problem was solved by Park Commissioner Moses, who arranged with the New York Community Trust for a donation of \$10,000 for prizes.

The city of New York was divided into districts and eliminations were held first in the park playgrounds, then in the districts. District winners competed in the borough eliminations and finally there were interborough competitions. Prizes were awarded to district, borough and city-wide winners. The city-wide prizes consisted of war bonds to the winners of individual sports championships and items of luggage to the members of the winning teams. The runners-up received leather brief cases and umbrellas.

The activities which were scheduled for this Spring Sports Tournament included baseball, basketball, boxing, roller hockey, handball, horseshoe

pitching, paddle tennis, track, ping-pong, punchball (girls), softball, shuffleboard, and swimming. The age classifications

in the various activities varied according to the interest in the particular sports. All boys and girls between twelve years and eighteen years were eligible. Approximately 40,000 individual entries were received, and 900 teams registered. As a result of this large entry and the interest of spectators, the attendance in the playgrounds increased considerably during the past few months.

Publicity is extremely important for a Sports Championship. In New York City we had attractive posters placed in all the cars of the subway system, and entry blanks were mailed to schools, churches, civic organizations, boys' and girls' clubs, and practically every organization dealing with youth in New York City. All neighborhoods in the city cooperated for the success of the championships. Several radio announcements were made and the Board of Education cooperated by permitting radio broadcasts to many of the large schools.

(Continued on page 244)

Spokane's Civic Horse Trader

By FRANK J. TAYLOR

One man's fifty years of devotion to bigger and better parks and playgrounds have increased the park areas of Spokane, Washington, 1,000 per cent.

"AUBREY WHITE's the best civic horse trader in town," a citizen of Spokane, Washington, told me. "By talking individuals and corporations out of 1,500 parcels of land he's given us more park area per capita than any sizeable city in America."

Not so long ago the banks of the Spokane River, which meanders through the very heart of Spokane, were an eyesore of dumps, dilapidated buildings and squatters' hovels. Today the city has acquired over 80 per cent of that land and converted it into beautifully landscaped parkways. There is a public park or playground within five minutes walk of every home. And promotion of home gardening has won Spokane first prize as the "City Beautiful" in national contests four years running. For all these accomplishments energetic, seventy-six-year-old Aubrey White is responsible.

White arrived in Spokane over half a century ago, a young down-easterner from Maine. On days off from his bookstore job he explored every woodland, dell, and river bend in and around Spokane. He made a map of his wanderings and, for fun, indicated the areas that he thought should be parks in the Spokane of the future.

After acquiring a modest fortune in the East as representative of Spokane mining and railroad interests, White returned to Spokane to find the city in the midst of a building boom. At a mass meeting to organize a "150,000 Club" to boost the city's population to that figure, White, to everyone's amazement, opposed the idea.

"What we need to do," he told the meeting, "is to make Spokane a better place to live. We ought to start on our park system now, so that later we won't have appalling expense tearing down blocks of buildings to make parks and

playgrounds." His enthusiasm was so contagious that a "City Beautiful" club was formed. Before long, the people voted a \$900,000 bond issue for parks.

His first move as chairman of the nonpartisan park board of outstanding citizens was to have landscape architects lay out a fifty-year park development program. To his pleased surprise, 85 per cent of the sites recommended by the experts appeared on the map of proposed parks which he himself had prepared years before.

In seven years the \$900,000 was all in parks and the board's work was done.

One Man Park Board

But not Aubrey White's. With no official standing, he became Spokane's one-man voluntary park board. Systematically seeking owners of still more land that he wanted, he dickered for cheap prices. Whenever he found a bargain, White went to some rich Spokane citizen. "If I had five hundred dollars more I could get that land for a city park," he explained. Usually he got it. Before long, he had developed a sure-fire list of donors: "my powerhouse," he calls them.

Gifts of Land

A good many acres of the river land he wanted were old railroad rights of way. After the boom collapsed, it became fairly easy to persuade owners that if they gave away land to the park system they would save considerable in taxes and still keep out competitors. This approach netted almost a thousand acres.

A variation in what White calls his "horse trading" is to get tip-offs from tax collectors when property is to be sold for taxes. If it fits into his park scheme, he tells the owner: "You're going to lose the land anyway. Why not sell it to us for seventy-five dollars? We'll assume the back taxes." If the owner accepts, White finds a donor, the land is deeded to the park board, and the tax collector cancels the back taxes, since the property now belongs to the city without the cost and nuisance of foreclosure. By this method Aubrey White has picked up over six hundred parcels.

(Continued on page 248)

The story of Aubrey White and his efforts to make Spokane "the city beautiful" is reprinted here by permission of the publishers of the *National Municipal Review*.

Are They Fit for Combat?

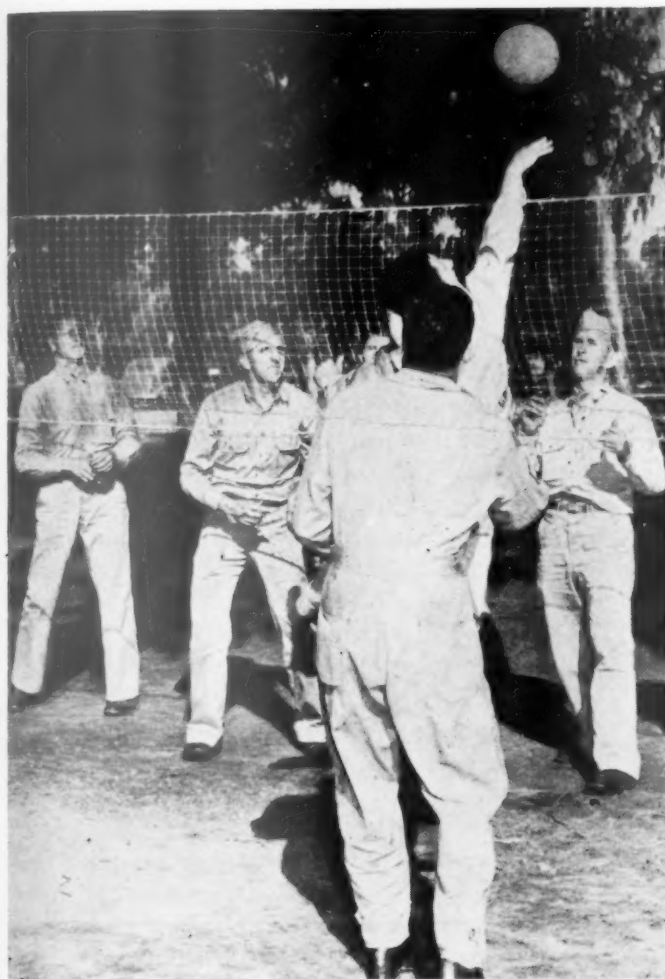


Photo by Martin J. Ford Courtesy Long Beach, Calif., Recreation Commission

By CLARK W. HETHERINGTON

OFFICERS AND LAY commentators frequently assert that the boys in the army are "physically fit." The President of the United States on his recent trip was assured that this was true. Medically it may be true, and "health fitness" should be determined by the physicians in the service. But fifty years of study and research on this subject including a study of these problems during World War I and now again the same problems in the present Global War give the background and basis for the following statements.

There should be a distinction made between "medical" or "health fitness" and "physical fit-

Dr. Clark W. Hetherington wrote this article a few days before his death in December 1942. For many years he was known as a leader in the field of physical education.

ness." A man may be in perfect health condition and yet totally unfit for violent activity. Conversely he may be at the highest point in "physical fitness" for vigorous activity and then be laid low by an infection or functional disturbance. And neither of these is necessarily correlated with "temperamental fitness" for combat service or with "morale."

In the matter of "physical fitness" for combat service, a great proportion of the boys now in training are not "fit"; the medical examination by the physician does not determine "fitness." Few doctors are competent to determine it. Further, the general impression among army officers seems to be that if the boys can hike thirty miles a day they are "fit." *They are not*; and hiking is *not* a complete test. Subject the boys to a series of neuro-muscular tests (tests that determine their muscular strength and skill on one hand and endurance on the other), and the great majority

of them are distinctly not "fit" for actual combat service.

In those branches of the combat service where the machine does *not* do the work, there is need of supreme fitness. At any time these boys may be required to undertake violent activity in face to face combat with rifle or bayonet. At times they may be subjected to long periods requiring supreme effort. At present the best candidates for this type of fitness are high school and especially college athletes or other boys who have been continuously active in athletics or in an occupation requiring considerable daily muscular labor. In contrast the great majority of American boys are pathetically lacking in "physical fitness." The test is the ability

(Continued on page 245)

New Wrinkles in Camp Cookery

By FRANK M. RICH

CAMP COOKERY is a noble art. What the real expert can do with a hole in the ground, or a tripod of stones, exceeds belief. But the innocent bystander does not have to be a master of

culinary science to appreciate that even an expert, with a makeshift fireplace, uncertain weather, capricious fuel and only a brief quarter hour from grub sack to sword swallower, is at a serious disadvantage as compared with even a second-rate rival who works with tested fuel, under cover, in a standard fire-box, with all the time in the world to perfect the operation — all day, and again all night, if the nature of the food makes long cooking necessary.

The two pieces of cooking apparatus that give these advantages are a camp stove and a fireless cooker. The ones offered here call for nothing more difficult to find than an old 5-gallon square oil can, a plug top gallon paint pail, a plug top quart can and a cellular cardboard box, 12 x 12 x 14" or thereabouts.

Two more utensils, included for good measure, are a combined broiler, toaster, fork, tongs, stove hook and can lifter, made from two feet of heavy wire; and a combined reflecting oven, frying pan, corn popper and food container made from 1-gallon rectangular oil or varnish cans.

This homemade stove of ours has an outstanding advantage over others. Under a generous, hopper-shaped fire-box with griddle-holes, is an ash pit, to be filled with wet sand or mud, which extinguishes sparks, and makes the bottom cool enough to rest on any wooden support. The stove conserves fuel. Two quarts of store charcoal or bits saved from the council fire will burn an hour. It starts immediately, if a few wisps of excelsior, long shavings, ravelled hemp cord, crushed paper, cedar bark or other tinder, preferably what has previously been used to clean greasy (not wet) dishes, is laid over the cracks in the bottom of the fire box, and the charcoal piled on top. Be

Mr. Rich's article has been reprinted from the January 1943 issue of *Hunting and Fishing*.

sure not to crowd the cracks and so cut off the draft.

Putty Knife Strategy

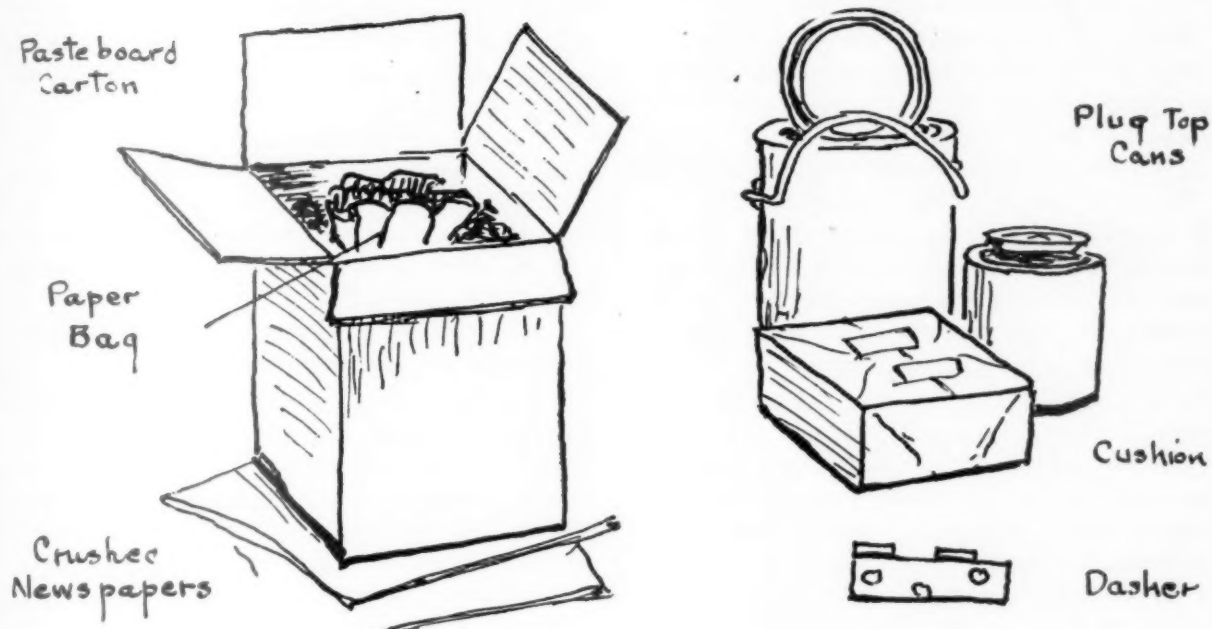
The triangles of tin, rolled to form the rims of the griddle holes, and the pieces bent inward to make the bottom of the fire box can be cut with an ordinary can opener, of course, but it is better strategy to use a putty knife or other thin blade, held obliquely and tapped with a billet of wood. The knife cuts straight, and turns sharp edges in, protecting the maker from jagged cuts and scratches. However, tin is a treacherous thing to work with, and a pair of stout gloves is the better part of valor. In cutting the various lines, it is better to leave the flaps attached at the corners as long as possible; then as the flaps are cut loose, dull the edges by scraping or filing. Nail holes for the wire links that hold the bottom of the fire box would better be made before the tin is cut. A shortened clothes pin makes a good tool to roll up the tin around the griddles holes, and to bend the narrow flaps around the turned edges of pans.

To make the frying pans, cut rectangular gallon cans on a center line across the ends and along one side. Saw or file notches in the seams $\frac{1}{4}$ " from this line, and the finished edge around three sides of each half pan will be easy to turn down. A half-inch strip connects the two pans and forms a support for the foot of lath which serves as a removable handle.

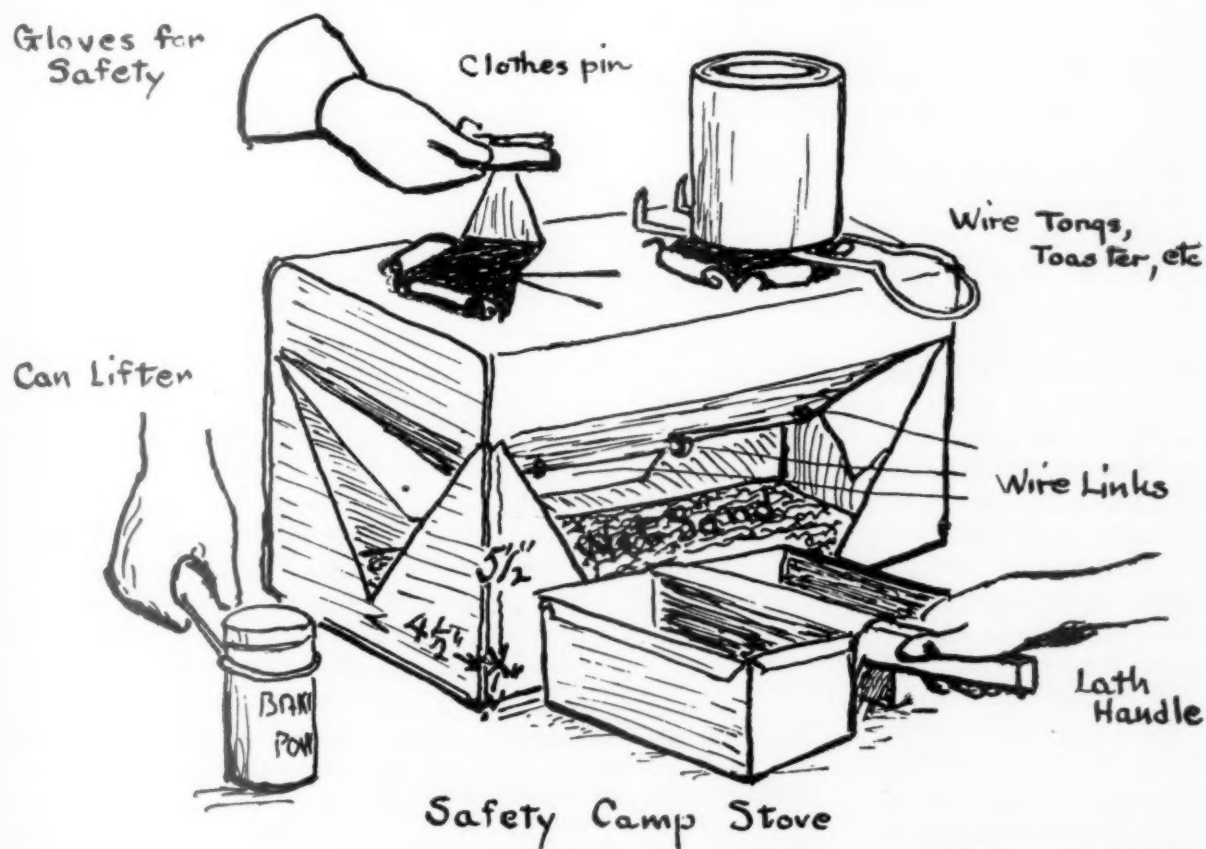
The fireless cooker consists of a gallon pail full of boiling hot food, kept so by a covering of two or three large paper bags, one inside the other, and outside this a wall of crushed paper or other heat-insulating material at least 3" thick, packed rather firmly inside a cellular pasteboard carton. To fit neatly, the handle of the pail needs to be bent at an angle of 90°, about an inch from the ends.

To permit the air to enter when the steam condenses, and prevent warping caused by atmospheric pressure, a small hole should be punched

"We here offer a new kit for producing good food in the open," the author announces. . . . "The appliances, we are happy to say, need not cost anything, even the price of Marshall's cigar. They can be made by anyone — campers, Scouts, fishermen, or even youngsters in the backyard — out of discarded materials available anywhere — cans, pasteboard boxes, and wire."



Fireless Cooker and Ice Cream Freezer



Courtesy Hunting and Fishing

in the cover of the can and filled with a bit of cloth.

Setting Up the Cooker

To set up the cooker, fill the 12 x 12 x 14" carton 3" deep with crushed newspapers. Put the empty pail into the bags; set in the middle of the carton and pack insulation around to the level of the top of the can. Close the mouth of the bags with a twist, and lay a large opened sheet or two of wrapping paper on top of the can, and fold the corners to make what is going to be a tight-fitting removable cushion of insulating material to fill the empty space in the top of the box. Fill the cushion and fold the remaining wrapping paper neatly over the top and seal with a few strips of gummed kraft paper.

Remove the cushion. Open the bag. Push the pail in all directions to loosen it, so that it can be slipped out and in without disturbing bags or insulation. The cooker is now ready for service.

A quart can or jar is convenient to put inside the gallon, either to cook other foods, baked meats or beverages, separate from the main dish, or to fill up the space with water needed for long heating. If other cans are not available, old paint cans can always be made serviceable by soaking in lye solution. Ordinary 12 ounce baking powder boxes are convenient for biscuits and brown bread. Here again, a pinhole in the cover is a good precaution. Gas from baking powder, if not allowed to escape, has been known to enliven the occasion with a surprise explosion.

A safe can lifter can be made from a 2' strip of heavy wire bent like tongs, with a loose fitting ring between two handles. For convenience in reaching into the kettle the ring should be at a 45° angle to the handles. Bend the ends of the handles in the opposite direction, at an angle of 90°, to serve as stove hook, or toasting fork. These tongs, laid over the griddle hole, will support small cans over the fire. When it is necessary to pour liquids out of the frying pans, the wire handles can be placed along the stick, hook downward over the near edge of the pan, and the pan cannot fall.

Dinner for Four

Now for a game or fish dinner for a party of four which will go down in history! Start with the fire used for the preceding meal. If you have plenty of bread, just put on a quart of water in the

little kettle and forget what we say about muffins. Put on another quart in the big kettle. If you are going to tackle the muffins, a pint in each kettle instead of a quart, will do. Put the reflecting ovens in place in the ash-pit openings on each side of the fire box. Cut the fowl, rabbit or other meat or fish into individual portions and put into the ovens close to the fire to sear over and caramelize for a while. Now peel 4 four-ounce potatoes and an equal amount of onions, carrots or other vegetable and let them also roast a while in the reflecting oven.

While turning the meat and vegetables occasionally, you stir up the muffins. Mix four level teaspoonfuls of baking powder, a half teaspoonful of salt, a tablespoonful of butter or other fat and a couple of tablespoonfuls of milk powder, if you have it, with 1/3 cupful of water. Grease the inside of two 12-ounce baking powder boxes. The dough you have mixed will fill them about 2/3 full. Put on the covers and set them on the ash pit at the ends of the firebox to bake a while, turning them over and around frequently.

Have a quart of water boiling in the pail and put in the meat or fish. If fish, wrap the individual portions in kraft or parchment paper and put all into a cheese-cloth bag, or else make up your mind to have chowder. Boil 10 to 30 minutes, depending on the toughness of the meat, then set into the cooker for five minutes to heat up the insulation. Take the kettle out, being careful to replace the cushion. Add the vegetables and a teaspoonful of salt. Put the biscuit cans on top, covers up, and boil again five minutes. Replace all in the cooker and tie up tightly, to cook by its own heat five or six hours.

At the next mealtime start a new fire. Put the reflecting ovens in place and a frying pan with a little bacon or other fat on the griddle. No waiting! Dinner starts immediately. Serve the warm broth. Let the potatoes and vegetables brown a little in the reflecting ovens, while the meat does the same in the frying pan. Slice the muffins in two and let each person toast the outside of one for himself. The time saved on this meal by having the food already cooked is ample to prepare the next one the same way.

So far, nothing has been said about dessert, but if you have the makings, we can treat the party to ice cream

(Continued on page 249)

"It is fun to hike, to camp, to feast one's eyes on the rolling green hills or the sparkling water; but somewhere along the way, part of the day's enjoyment will center itself around the next meal that is to be cooked and eaten to satisfy the appetites sharpened by the long trail!"—*Trail Cookery for Girl Scouts.*

It's Being Done in Nature Recreation

Cap'n Bill's Column of Nature-Grams

AGRICULTURE. A good book for city boys who are volunteering for work on the farm this summer is "Getting Acquainted with Agriculture," by George P. Deyoe and Fred T. Ullrich. Interstate Printers and Publishers, Danville, Illinois, 1941. 731 pages, Ill. 402. \$2.50.

Animal of the Week. Dr. Thomas S. Hall, University of Chicago, while at Lawrenceville School, New Jersey, had groups of students responsible for an "Animal of the Week." The animal was alive in proper habitat, accompanied by photographs, biography, charts, and other accessories. This is a capital idea for any playground. A hen, pigeon, calf, mouse, rabbit, frog, turtle, snake, or crow offer excellent possibilities.

Bees. For literature on information about observation hives write Root Bee Farm, Medina, Ohio, or General Biological Supply House, 761 East 69th Place, Chicago, Ill. For needed cane sugar solution for starting new colonies see your local ration board. For patriotism, this is the time to plan a Bee Club.

Chicago Recreation Commission plans to bring camping to the city. An all-day program for children is desired by wartime working parents. Mobilizing civilian defense neighborhood groups on a similar pattern is also a goal. Marjorie Cushman, a Massachusetts State College graduate, class of '43, has been selected to face the challenging situation. Her experience as a leader at Life Camps was an excellent training for this kind of creative pioneering.

Conservation. "This Land We Defend," by Hugh H. Bennett and William C. Pryor. Longmans, Green and Company, New York. 107 pages. \$1.50.

Conservation Workshop, "a week of adventure, discovery and preparation for one of the most important tasks ever asked of teachers: training of today's children to handle with wisdom and vision the conservation problems of tomorrow," sponsored by the

Cap'n Bill makes this timely suggestion: "Summer is here. Are you teaching appreciation of your local parks in your nature groups? Parks may be morale builders. They are certainly excellent outdoor nature laboratories. Vacation near home may not be so bad if we do such enjoyable things as picnicking in the park, or rediscovering the old swimmin' hole, or even getting on our feet and hiking!"

R. I. Wildlife Federation carried 30 hours of graduate credit at the R.I. College of Education, Providence. An all day down Narragansett Bay on an Oyster Boat and an Insect Zoo day were two of the alluring titles.

Farm Girl. "I'm proud that I'm a farm girl. I know what it is to read by a kerosene lamp and then by an electric light, to cross the meadow through all the grades of softness between May and September. We love our natural surroundings and count them beautiful; we love our occupations in house and barn, garden and orchard but no fruit or grains, or vegetable, can equal the spiritual crops that have sprung up and come to fruition scarcely noticed, like the wild cherries in the hedgerows."—From remarks written by Jean Shippey, 19, when addressing the Kiwanis Club.

Farm Safety. Many folks will join the Victory Land Corps this summer. Farm safety has become an important factor. To stay able-bodied read some of the free pamphlets sent by the following: "Home and Farm Accident Prevention," 64 pp. and "Preventing Accidents," 29 pp. American National Red Cross, Washington. "Safety on the Farm," Florida Department of Agriculture, Tallahassee. Minnesota Safety Council, 227 St. Paul Hotel, St. Paul, Minn. University of Maryland, Agriculture Extension Service, College Park, Maryland.

Insect Saboteurs. If contemplating a hobby club in land production better fortify the front line furrow. A useful instrument at the spotting station, besides a spray gun, is an "F.B.I." detective service, such as "Garden Pests Collection," which includes 40 species of insects, harmful to the vegetable and flower garden. In glass-topped museum case. \$17.50. Write General Biol. Supply House about other "spotting" services.

Plastics for war will later become useful for "enjoyment." Lucite is better than glass for a bomber. Rubber-

(Continued on page 246)

Democracy and Recreation

By R. J. CAULK

THE DEMOCRATIC philosophy of government is being defended on the battle-front but the democratic ideal of life will

never be attained until it penetrates every phase of daily life. Educational and recreational institutions should evaluate their programs and methods in the light of those principles which are the foundation of our "way of life." Too often, these organizations give mere lip service to the terms "democracy," "freedom," and "liberty," while in actual practice they promote unthinking conformity, obedience, and submission to their authority.

Recreation agencies can be excellent training grounds for practical experience in democracy, if leaders are trained in progressive education techniques, and if participants are given the opportunity to learn by doing. This process divides authority among the many, rather than resting it upon the shoulders of one. Through democratic organization of play areas, social centers, and other community groups, the citizens can express their preferences and develop their own leisure-time activities. Superintendents of recreation programs can thus be guided by the will of the public they aim to serve.

A Contrast

Some skilled leaders have contacts in the local communities which enable them to evolve programs of recreation activities that are truly "of the people, by the people, and for the people." There are, however, many whose thinking is confused. Their reasoning seems to be that because they are paid recreation leaders they should do all the work and give all the orders. The public has no share in the responsibilities of planning, preparation, or evaluation of their activities.

I have seen both types of leadership in action and the difference in attitude between the two groups of participants is sufficient justification for extending the practice of democratic technique.

In the first instance, a

A challenge to recreation leaders to teach democracy by the "doing" method

group of civic minded women sponsored weekly dances in a town where chaperoned recreation was badly needed to combat the influences of the local "joints." The dances were very popular and the boys and girls flocked to the municipal clubhouse. The sponsors did a good job of maintaining a pleasant, wholesome atmosphere. They decorated the hall before each dance and cleaned up afterwards. Periodically, they bought new records, sometimes guided in their choice by the requests of the young people. At the end of each season they spent the proceeds on equipment and furnishings for the clubhouse. In short, the committee shouldered all the responsibility while the young people lightheartedly came and danced and went.

The dances served only the immediate purpose for which they had been organized: namely, to provide a wholesome atmosphere for social recreation. The young people could have derived many educational values if they shared the responsibility of planning, advertising, handling their own discipline problems, collecting the fees, and designating the expenditures.

Skillful Leadership

Diametrically opposed to this type of leadership is the case of the young man who skillfully led a group of young folks to organize, advertise, and run dances for themselves and their friends. One of the objectives of these affairs was to raise funds for necessary improvements at their social center. Over a period of three years they raised increasing amounts of money: twelve hundred dollars the first year, two thousand, the third. But most significant was the fact that increasing numbers of boys and girls helped in the sponsorship of the dances.

They formed a democratic council and started a newspaper. Through their governing body they helped formulate the policies of the community center, and through their paper gave voice to their opinions on local issues. In order to spend the

Mr. Caulk, who is Superintendent of Parks and Recreation in Steubenville, Ohio, won first prize with this article in the Joseph Lee Memorial Contest for Recreation Literature, sponsored by the Society of Recreation Workers of America.

proceeds of the dances wisely they studied the budget and program of the whole agency, consulted other activity groups, and called upon the staff for guidance. In this way, what had started out as a simple activity became a broad experience in exploratory learning which is one of the keystones of democratic life.

Constructive, purposeful methods can be applied to all aspects of recreation. In the public field, increasing recognition has been given to the importance of leadership trained in educative techniques—but there is still much to be desired. Many playground leaders still regard their chief functions to be distributing play materials and blowing a shrill whistle blast when a child violates some minor regulation. Maintenance of order and discipline is their major objective. Too often the playground leader plays a very minor role in the life of the community. He knows little about the neighborhood and takes no trouble to learn more.

Democratic functioning, on the other hand, necessitates a feeling of "belonging." The playground leader should be accepted by the citizens and should make every effort to develop friendly relationships with all the local social and educational agencies as well as with key people in the community. The playground could be made the center of neighborhood activities for every age group. The function of the leaders should be to help unorganized individuals become members of teams, special interest groups, or clubs.

The technique of leadership can be compared to the steps in gardening: preparing the ground, planting the seed, watching it take root, weeding out undesirable growths, and helping desirable branches to develop. Just as in planting, too much watering may drown the seedling, so in leadership it is necessary to give just enough but not too much nourishment to the group.

In other words, the leader should allow the group to assume as much responsibility as it can take while he remains unobtrusively in the back-



Photo from Reading, Pa.

"People who have special skills are often happy to share their knowledge with others."

ground ready to lend a helping hand when needed. Freedom of choice, free discussion, and self-criticism should be encouraged by the leader. And when he does offer suggestions they should not be stated in the form of commands but should be phrased "What do you think of this?" and "Let's try that," so that the spirit of cooperation and democratic relationship is not lost.

A New Interest

One skilled playground leader stimulated her group to carry out a highly educational project. Out of an interest in Scandinavian folk dancing there arose a desire to know more about these countries and particularly about their cooperatives. The leader challenged the youngsters (average age 11 years) to organize one of their own. Under her guidance, they built up a candy store cooperative for the playground. They sold shares, bought supplies, painted billboards, kept records, took turns selling, and at the end of a successful summer distributed dividends and retained a first hand knowledge of cooperative management. Throughout the ten weeks the children sustained a highly enthusiastic interest in this project. In this true-to-life situation the group assumed far more re-

(Continued on page 250)

Canoes! Why Blame Them When They Upset?

By JAMES H. HOCKING

THE CANOE followed the solid log and the raft as man's first means of traveling the waterways. Its origin dates back to the dawn of civilization. No doubt earliest man found floating on the water a rotted log, hollowed in the center by the ravages of disease, and when he discovered that it would hold him and still remain buoyant, the canoe was born. Later, hollowed out by crude implements of mankind the canoe has, through all the ages, remained as the basic feature of boat construction.

Ancient France no doubt gave the canoe its name. In French "canot" (with its silent "t") means a hollowed log. The Anglo-Saxons, accepting the word, dropped the "t" and substituted an "e."

The canoe has played an amazing part in the discovery of remote places of earth and, more than any other factor, enabled the extensive exploration of the Mississippi River region by the French and Spaniards hundreds of years ago. It still serves as a means of navigation in isolated parts of the United States, Canada, Alaska, and other countries,

The Navy takes over and demonstrates the "preferred" method of canoeing



*Photo by Mort Walton, Detroit Free Press
Courtesy Detroit Department of Parks and Recreation*

If you have learned to swim and to keep cool in emergencies, you have mastered the art of safe canoeing

but now is used mainly as a medium of sport in settled communities.

Canoe Safety

Canoe accidents are not the fault of the canoe; it

floats right side up, or, if upset, it remains on top of the water; it rises to waves like a cork; it is not temperamental like a high strung horse, nor is it endowed with tremendous power and complicated controls like an automobile. Accidents in every instance are due to the things that people do in canoes. Therefore, the most important thing that you can remember as the first rule for common safety is to "Keep Cool" when you go out in a canoe.

As you value your life do not enter a canoe until you are able to swim; a half-dozen strokes will save you in many situations. The ability to help your neighbor will come with your further improvement; keep practicing until you can really swim a hundred yards, then when that time comes the enjoyment of your canoe will increase a hundred fold.

Every canoeist should realize that sometime or other he is going to be upset, whether he is a so-called "expert" or not; in fact, it is more likely to occur to the average expert because of over-confidence and willingness to take a chance. The best thing to do, therefore, is to get acquainted deliberately with upset conditions.

In case of an upset, the first thing to do is to stick to the canoe. Season after season one reads of the upsets where the crack swimmer started for shore for help and went down half way, whereas the other fellow was saved even though he couldn't swim a stroke. Any canoe, whether of the ordinary canvas-covered type or the Canadian wooden type, has enough wood in its construction to support its crew even though filled with water. Remember that the

canoe won't sink. I am referring now to the regular sixteen, seventeen or eighteen foot cruising canoe, whether it is bottom up, or right side up and filled with water.

You'll find it difficult to cling to the bottom, especially if you are alone. Therefore, roll the canoe over until it is right side up, but do it easily, for when filled it is like a log and has a tendency to continue to roll. When it is right side up, slide into it, sit on the bottom and extend your arms on the surface of the water to steady yourself; you'll float in this position with your head and shoulders pretty well out of water and you can hand-paddle comfortably for quite a distance.

If there are several of you to get in the canoe, it is important to remember to slide in like an eel and not try to lift yourself over the gunwales, otherwise you'll sink the canoe under the fellow who is already in. To prove this, lift both arms out of the water or try standing up, and you will see how quickly the canoe sinks from under you. However, it will come right up to the surface again, and with more care you can all climb in and go hand-paddling back to the club house.

Practice in this will enable you to reach shore safely from moderate distances, whether you are a good swimmer or not, and if you are too far out it will at least enable you to remain afloat until you are picked up.

Get into your bathing suit and take the canoe out a little way from the shore. Don't take a paddle. Squat down on the bottom and paddle with your hands, first one side and then the other. You'll be surprised at the speed you can get up and, as a result, the next time you happen to let a paddle slip from your hands you'll calmly hand-paddle around to pick it up without giving the matter a second thought. However, you cannot hand-paddle a long distance, nor against a wind or a tide.

When you get out away from the float, sit flat on the bottom of the canoe, exactly amidships, then rock it hard and try to ship water. The chances are you won't be very successful. Your weight is so low that the canoe is extremely stable. Remember this any time you are caught out in a heavy blow and a rough sea. Also remember, in loading a canoe either with duffel or passengers, to keep all the weight as low and as nearly amidships as possible, and to keep the ends of the canoe light so that they will rise readily to a heavy sea instead of ploughing through it.

Sit as far as possible to one side still on the bottom. Try rocking it in this position and note the continued steadiness and your complete control of the rocking motion. Now stand up and try the same stunt. If you are experienced you can do it, but if not, over you go. In either case there will be no doubt in your mind as to which position was the steadiest and most trustworthy.

As you upset from the standing position another thing will impress you: the canoe goes over comparatively slowly. In fact, it generally ships about half full of water and then settles slowly the rest of the way. Contrary to usual belief, the ordinary cruising canoe does not flip you out. Therefore you have no excuse for not being able to reach the canoe even though you can swim only a few strokes.

Even with the canoe half full of water, keep your weight on the bottom. That will keep it from turning turtle and you can get rid of a great deal of water by rocking from side to side. You should always have some sort of a vessel for "bailing out"; fasten it so it cannot wash away. When you are overboard alongside of the canoe, you will be astonished at the amount of water that can be emptied by "rocking the boat." It will wash from side to side and roll overboard, and enough will be lost to restore the stability of the canoe and enable you, by using your feet in kicking, to regain a landing.

Another very important subject to keep in mind is "wind conditions." For example, by moving to one end of the canoe, obviously the other, lightened end will blow around with the wind and point down-wind like the tail of a weather vane. Hence, in paddling against a strong wind, it is essential to sit at least in the middle of the canoe, if not slightly forward of the middle, to keep the forward end down in the water so it will not be blown around by the wind toward the direction from which you are trying to paddle.

"Canoeing. What romance, sport and adventure the word calls forth. Trips on lakes and rivers, camping out, happy companionship, glorious sunlit days, dreamy moonlight nights. Not in any sport can one find such an attractive activity, so wide a field, or so splendid a physical developer as canoeing—swimming excepted. And learning how to swim is the first lesson for a paddler. So the two together, swimming and canoeing, make for an ideal summer."—*Ruth White Little.*

WORLD AT PLAY

Fun for Shut-Ins

THE Department of Recreation of Evanston, Illinois, is beginning its seventh year of "shut-in" programs for the elderly, friendless, or physically handicapped. Services for these people include individual craft instruction, yearly sales of craft products, frequent telephone calls and visits by the leader, a monthly magazine, monthly parties endorsed and paid for by clubs and organizations, and the sending of birthday and seasonal cards.

Practice for Streamliners

THE Streamliners, an organization of 1,500 Detroit women interested in physical fitness, is going to have its chance to put the lessons learned during the winter to good use this summer.

Each member will be requested to serve as a part-time assistant to playground leaders during the summer, according to John J. Considine, general superintendent of the Department of Parks and Recreation. Men in the neighborhoods of the 130 playgrounds maintained by the city will also be recruited.

A Church Center for Young and Old

THE recreation center organized by the Early Chapel Christian Church of Madison County, Iowa, provides both a place where men and women can talk over their mutual problems and a recreation center for young people after arduous days fighting the battle of food production in the fields. In working out the program, Early Chapel leaders divided the people into four groups: boys and girls up to 12 years; young people from 12 to 18; out-of-school youths and young married folks; and older members of the congregation.

Omaha's Machine Shop

MOST of the equipment used in the recreation activities of Omaha, Nebraska, has been made in a machine shop operated by the Rec-

reation Department for men and boys. Value of the equipment thus turned out is estimated at more than \$20,000. In the making of these articles the workers were given an opportunity to learn skills of various kinds.

"Bull Sessions" for Young People

A COMMUNITY library, community festivals, parties, and many other civic activities sponsored and planned through the Community Council of Alexandria, Ohio, have generated such spirit that several rural neighborhoods have started monthly parties, combining games and dancing with discussions of economics and politics. The young people have found that it is more fun to organize athletic teams, dances, and "bull sessions" in their own community than to go off to a movie in the city.

The Susquehanna Trailors

UNDER this name a group of hikers in Wilkes-Barre, Pennsylvania, enjoys Saturday afternoon or Sunday walks. The club is one of the activities of the Wyoming Valley Play-



From San Francisco Call Bulletin

ground and Recreation Association. Social activities are a feature of the program and members of the group have attended movies together, gone on overnight hikes, and enjoyed other activities. On one occasion the club met the "Back-to-Nature-Club," a small group in York, Pennsylvania, and hiked with them.

Putting Them on Record—A few years ago the candidates for public office in Atlanta, Georgia, previous to election were faced with a questionnaire made up and distributed by the Atlanta League of Women Voters.

One of the seven questions asked the candidates for City Council was: "Adequate playgrounds under trained supervision; especially in congested areas, are badly needed in Atlanta. Will you work for increased appropriations to provide for a better program of trained supervision for playgrounds and other recreation activities?"

In the case of Board of Education candidates the question was asked: "Will you work to make secure buildings and playgrounds available for recreation centers for children and adults if trained supervisors are provided?"

The OWI Reports on a Survey — One of the eight recommendations made by the Office of War Information for reducing absenteeism in war plants is to help workers adjust themselves to new jobs and communities by bettering in-plant training, and providing adequate housing, transportation, and recreation. The OWI recommendations were based on a survey of 18 war plants and 100 workers in each plant.

Student-Community Projects — Students of Denison University, Granville, Ohio, have been learning the meaning of community service during the past few months by helping with local needs. The students opened a nursery in a local church, set up a Vitamin Bank in which they deposited hundreds of cans of fruit, soup, and vegetables to be withdrawn throughout the year as needs arose, and took over classes in cooking, sewing, crafts, dramatics, and organized games for underprivileged children.

Rod and Reel Fans in Evanston — The North Shore Rod and Reel Club of Evanston, Illinois, offers local anglers a varied program

throughout the year—tournament bait and fly casting, instruction in bait and fly casting, interclub tournaments, a class in fly tying, fishing and outdoor movies, talks and demonstrations by professional experts, conservation projects, group fishing trips, rod building, and social meetings.

The Evanston Department of Recreation, which helped organize the club three years ago, furnishes facilities through the Board of Education and handles the secretarial work which includes a monthly bulletin, posters, notices of meetings, and publicity. An employee of the department serves as secretary for the group.

Program for Institutions — Attendance at the institutional recreation periods conducted by the city recreation department of Reading, Pennsylvania, during April, under the sponsorship of the Junior League was 1,710. Featured during the April program in the institution was the presentation of Easter plays and the making of toys for that holiday.

Last Summer in Wilkes-Barre — The theme of the playground season in Wilkes-Barre, Pennsylvania, last summer was "The Good Neighbor." The playgrounds made maps and flags of the Pan-American countries, sang their songs, and learned a number of their folk dances. The storytelling program included Indian tales, stories of the Amazon, and traditions of South American countries. An interesting event was a Pan-American track and field meet in which 350 children from the various playgrounds participated.

The season's activities culminated in a pageant. Eight hundred children took part in the dances and drills, and about 2,000 marched in the parade. The Wilkes-Barre Railway Corporation furnished free transportation for all costumed children, and the Park Department helped with the hauling of floats.

Sacramento Holds an Easter Hunt — In spite of the war the children of Sacramento, California, were not deprived this year of their annual Easter egg hunt. After careful consideration the Sacramento Recreation Department decided that the usual Easter program should be carried on in a modified form. As the usual program would have required from 18,000 to 20,000 eggs, so vital in feeding

civilians and servicemen, it was decided to use a substitute in carrying out the hunt. Instead of eggs, paper discs in various colors cut to the size of eggs were scattered about the specified areas, and hundreds of children ran to collect the discs as they fell to the ground.

Recreation in Army and Navy Hospitals

(Continued from page 205)

the full responsibility for those in the station hospitals.

These elements of the program are common to most hospitals although the organization and development differ according to the patient group and the type of hospital. Each program also has specialized projects. In a few places photography has become an all engrossing interest for many patients. At one hospital it resulted from an exhibition of traveling photographic shows from clubs in the area. The patients in that hospital are now collecting their own exhibit which will become part of this circuit. Very often a desire to record events in picture form has stimulated this activity. Nature study, outdoor picnics, patient orchestras, and bands have grown from the interest of groups in these activities.

The "Gray Ladies," volunteer members of the Red Cross Hospital and Recreation Corps, are women who have taken a special course of orientation in the hospital in which they serve. Many of them give service in the recreation program under the direction of the professional staff. For a well-integrated program the staff and volunteers should complement each other. The staff must have a clear understanding of the objectives of the program and so interpret them to the volunteers that they will be aware of potentialities.

Limitations are necessarily inherent in dealing with patients under a military regime and in a hospital environment. However, there are innumerable opportunities within those limitations for making contributions to the well-being of the patient. The Gray Lady takes the place of personal contacts in the home community. Here is the "someone" to chat with. She will write and post the letter that must go in the next mail; she'll give keen competition in a game of gin rummy or chess, or just a smile when that seems the best thing to give. She will fit into other phases of the volunteer program where her special skill can make a contribution.

A House-to-House Recreation-Interest Survey

(Continued from page 219)

visiting and entertaining, bowling, loafing, horse-back riding, concerts, gardening (flowers), bridge, tennis, Red Cross Work, golf, musical production, playing the victrola, religious training, billiards, badminton, horseshoe pitching, croquet, letter writing, ping-pong, backyard games, carpentry, playing musical instruments, lodge and clubs, football, choral groups, Camera Club, shooting, lifesaving, and handball.

TABLE 7

The First Ten Coefficients of Interest in Activities for the Winter and Summer Seasons, as Expressed by Both

Men and Women

Radio	24.3%
Reading	18.0
Movies	12.3
Card parties	9.6
Conversation	9.0
Dancing	7.4
Bowling	7.2
Visiting and entertaining	5.3
Bridge	5.2
Red Cross work	4.8

Other activities, in the order of their interest, are: listening to the victrola, religious training, playing musical instruments, and choral singing.

More Athletics Now, Not Less

(Continued from page 226)

have equipment, it is vitally necessary in the light of war needs to take the best possible care of it. Do not, for instance, play football in the rain and mud just for the sake of playing, but postpone the game until favorable weather conditions develop. Playing in the rain does not often decide the best team, as many breaks enter into a game played under these conditions. Next, the inclement weather takes much life out of equipment. It also exposes players and spectators alike to probable sickness. Boys like to play in the rain, but it is not wise for them to do so anymore than it is for a coach to take other chances on the safety of the boy. Surely a coach would not think of sending a boy into a football game without shoulder pads or thigh guards. Why then take chances with the boy's health, also in ruining equipment? Remember saving on supplies is helping to win the war.

Some of you may say, "But what about us who do not have equipment? Can we get it?" There

will be enough for us all, if some of us do not fill our stockrooms with equipment to be used in the future. Again we need to redirect our thinking and realize that each season our teams cannot run out to play with new equipment as we have done in the past. In the interest of promoting the war, the emphasis should be on teams participating and not on how good they look in new uniforms. Neither is it important how far they travel to play, but how often they can compete against one another.

The Mayor Takes a Hand in Recreation

(Continued from page 217)

ment and public works facilities for recreation purposes, especially in cooperation with neighborhood committees and designed to open some such facilities on a round-the-clock basis for defense workers; construction of further city and county library facilities; the assignment of a liaison officer by the armed forces to coordinate church, home, and servicemen's spiritual and social activities; permission of the Red Cross to allow the local welfare service office to publish a servicemen's paper carrying recreational and other information to all branches of the armed forces stationed in the area; surveys of city-owned property for use of boys clubs, playgrounds, etc.

These and other activities are already in the process of organization. Their active functioning will be an accomplished fact by the time you are reading this.

And the End Is Not Yet

In this brief outline of Buffalo's experience in wartime recreation there has been but one purpose—to help other communities that may be faced with similar problems. Buffalo's problems are by no means solved, but it is felt that the Mayor's Conference is a decided step in the right direction and one that can be duplicated anywhere.

The Conference's first two purposes have been accomplished: The facts of Buffalo's recreational needs and resources have been gathered; expansion where needed has certainly been stimulated and is being coordinated. The means for the dissemination of information about facilities and the expansion of facilities have been devised, but a long hard road still lies ahead. Since the citizens of Buffalo have set their shoulders to the wheel we are sure of the outcome. A community—and the world—move forward by cooperation.

Buffalo is moving forward!



Agility

The Most Valuable Physical Asset and Best Protection of Our Fighting Sons

THE MOST valuable "Human Machine" in any mechanized army today is the boy who can do a maximum of damage to the enemy with a minimum of damage to himself.

The agile boy who can flop to the ground—then leap to his feet and charge ahead, all in a flash—

The boy whose agility makes him just a fraction of a second faster at ducking into a fox hole, or a trench, under a sudden machine gun burst or a bomb—

The boy whose skill and agility give him a split second advantage with a bayonet thrust, a knife slash or a hand grenade—

The boy who sees, decides and acts just a shade faster—on land, on sea, or in the air—

These are the boys who are the best fighters—who are able to take care of themselves anywhere—and whose chances of coming back intact are 100% better than those who do not have these skills and abilities.

Actual physical fitness records of this war prove that the boys whose basic military training and basic calisthenics are supplemented by baseball, tennis, boxing, football, basketball, track, judo, etc., develop skills and abilities that make them the best fighting men in the world.

Could anything be more important than the equipment that is necessary to give them this priceless training?

* * * * *

So far as the materials made available to us, and facilities not engaged in war production permit, we will continue to supply equipment for the sports that help to make American fighting men the most efficient "Human Fighting Machines" in the war.

Wilson Sporting Goods Co. and Wilson Athletic Goods Mfg. Co., Inc., Chicago
New York and other leading cities

Wilson
SPORTS EQUIPMENT

IT'S WILSON TODAY IN SPORTS EQUIPMENT

NO MORE ATHLETIC BADGES . . .

for the duration

- In cooperation with the government's metal conservation effort, the National Recreation Association is supplying **Certificates Only** for the Athletic Badge Tests—no more badges for the duration!

The giving of Athletic Badge Tests has an important part to play in the physical fitness program, and we hope that recreation departments, schools, and other groups will continue to use the tests.

Certificates for the successful completion of the tests are still available at \$.03 each



National Recreation Association

315 Fourth Avenue . . . New York City

Recreation in War

(Continued from page 220)

among people bound together by the ordeal of worry, trial, and suffering. Joint effort is necessary for the success of many enterprises that our citizens are engaged in fostering. Red Cross drives, defense drives, patriotic rallies, first-aid and nutrition classes, and hospitality features for soldiers on leave—these are some of the types of enterprises that are going to bring people together in their leisure time more than they have been prone to assemble in the past. Talents that make for volunteer leadership are being cultivated. Recreation, therefore, during wartime is going to take the additional form of activities voluntarily contributed to the national welfare and in service to the common interest and weal.

Certainly, then, recreations should not be curtailed because of the war, but rather should be encouraged and increased. This does not mean that more elaborate or expensive recreations are needed; to the contrary, many simple forms of recreation can be provided which will be fully as satisfying as those to which people have become accustomed in their more carefree days.

This thought leads to further analysis of the

types of recreation that will be fostered. Without doubt the spectator type will be just as popular as our purses and rationing will allow. There is catharsis value in attending the spectator sports. They imbue us with a holiday spirit and furnish an escape from everyday cares. And those who like to attend the theater and listen to music will still find the opportunity to do so. Of course, people will want to see movies, and as yet, tire shortages do not seem to restrict the number in attendance at them.

These recreations, however, along with reading, are of the passive type; and vicarious experience, despite its usefulness in the appreciation of the artistry and skill of others, can never give the complete joy of actual participation by oneself. It is incomplete if not accompanied by the satisfaction of direct experience also. This observation is not limited to the physical recreations alone. It is true of the cultural and educational types of recreation as well. During recent years there has been a marked increase of interest along lines of participation in dramatics, music, and the arts and crafts.

There is yet another type of participating recreation that is most important: that of mixer games and parties, commonly called social recreation. This type of activity is hilarious and fun-provoking, and at the same time relatively inexpensive. The chances are more than likely that the popularity of these mixers will grow. Social dancing, folk dancing, quiet games, and home games all fit into the needs of a nation at war. They provide entertainment and hospitality along with good-natured fun.

Relaxation, physical fitness, spiritual toughness (morale), better productivity, community of interest, volunteer leadership, and social fellowship—all these concomitant values of recreation become of essential importance to a people pushed to the limits of endurance by its determination to insure victory. All in all, this is a time when recreation should be recognized as *absolutely necessary* to the front line of action of our nation at war.

Pete Moses Discovers Art

(Continued from page 208)

youths, that tragically few of them are interesting themselves in anything that remotely resembles the development of individualistic culture. Best of all, it is an effective way of interesting and inspiring a whole community.

Joseph Lee's Favorite Games

(Continued from page 213)

1. Have you any bread and wine?
For we are the Romans;
Have you any bread and wine?
For we are Roman soldiers.
2. Yes, we have some bread and wine,
For we are the English
Yes, we have some bread and wine,
For we are English soldiers.
3. Then we will have one cup full, etc.
4. No, you shan't have one cup full, etc.
5. Then we will have two cups full, etc.
6. No, you shan't have two cups full, etc.
7. Then we'll tell our King on you, etc.
8. We don't care for your King or you, etc.
9. Then we'll send our cats to scratch, etc. (pantomime)
10. We don't care for your cats or you, etc.
11. Then we'll send our dogs to bite, etc. (pantomime)
12. We don't care for your dogs or you, etc.
13. Are you ready for a fight? etc. (pantomime)
14. Yes, we're ready for a fight, etc. (pantomime)
(Both lines kneel, raise imaginary gun, and yell,
"Aim, Shoot, Bang!", fall down, and rise for
next verse) (Both sides sing, walking in a circle)
15. Now we only have one leg, etc. (all drag one leg)
16. Now we only have one arm, etc. (drag leg and hold
arm as if hurt)
17. Now we only have one eye, etc. (hold free hand over
eye)
18. Now we join in happy throng, etc. (all join hands and
skip forward, singing much faster)

Chasing and Running Games

About chasing and running games Joseph Lee said, "In men's relations to each other also, survival must, in countless instances, have been for those who could get first back to the boats or to some place of concealment or defense; and there is certainly in the chasing games evidence of a strong homing instinct in the getting back to goal or to one's own line or side."

Hill Dill

This running game can be played indoors or out, by almost any number of players. Play area should be as wide as possible. Mark off two parallel boundary lines from 30 feet to 50 feet apart.

Divide players into two teams, each team safe behind one of the boundary lines. "It" stands anywhere between the boundary lines, and calls out "Hill Dill! Come over the Hill." Each team then runs across the center and tries to get behind the opposite boundary line without being tagged. Anyone tagged joins "It," until all the players are caught.



DIAMOND

Has Gone To War

The Army, Navy and Air Corps
are using the material that used
to go into the famous Diamond
pitching horseshoe line. When
the war is won, it'll be back to
Business As Usual.

DIAMOND CALK HORSESHOE CO.

4610 Grand Avenue, Duluth, Minn.



I Spy

This hide and seek game for indoors or out, is for any number of players.

The "spy" is blindfolded at a chosen goal, while the others run and hide. The spy counts to 100, shouts "Here I Come," takes off the blindfold and hunts for the others. When he finds someone, he rushes to the goal, hits it three times, shouting "One-Two-Three for ———," naming the other player. If he names the wrong player, then both the one named and the one seen can come in free.

If a player sees that he has been found, he can race the spy to the goal, and if he gets there first, can hit it three times and yell "One-Two-Three for me," thus saving himself from being caught. The first player found and goal-tapped is the spy for the next game.

Three Deep

Three Deep is a very active, running, circle game for indoors or outdoors, it requires alertness and speed.

Form a double ring facing inward, one player directly behind another. Two players are chosen,

A Problem of the Country

By GRANTLAND RICE

YOU'LL want reprints of this article which appeared in the May issue of *RECREATION*—it's an eloquent plea by America's famed sports writer for more and better physical training to meet the needs of the nation's youth—now and after the war.

Colorful reprints of this article are available in folder form for distribution with **YOUR** imprint in **YOUR** city. If you are interested in supplying these folders to local service clubs, PTA, women's clubs, or other community organizations, you have our permission to print as many copies as you need, giving proper credit to the National Recreation Association.

Or we'll be glad to supply you with folders, including a three line imprint, at the following rates:

500 copies	\$ 8.50
1,000	"	13.75
5,000	"	55.00
10,000	"	105.00

National Recreation Association
315 Fourth Avenue . . . New York City

one to be The Hunter and the other The Hunted. They stand on opposite sides of the circle, and at a signal, The Hunter tries to catch The Hunted. The Hunted may save himself at any time by stopping directly in front of any couple in the circle, thus making "Three Deep." The other player becomes The Hunted and must start running instantly, and when in danger of being caught may save himself in the same way.

Both players may go in and out of the circle, but cannot stop when on the inside except to find refuge in front of a couple. If The Hunter catches The Hunted, they change places, The Hunter becoming The Hunted.

There are many variations of this game, and many different names for it, such as Squirrel in the Trees, Third Man, and Last Man.

New York City Holds a Championship

(Continued from page 227)

Supervision is also necessary for the success of such a Sports Championship. On May 1st and June 1st the Department of Parks assigned 100 additional temporary playground directors. It was their duty to arrange playground schedules, to officiate at games, and to supervise the tournament

as it progressed. With these temporary playground directors, we stressed the importance of intraplayground and district eliminations. Tournaments and special activities usually are a success if the intraplayground eliminations attract a good entry. The borough supervisors of recreation reported that the intraplayground and interplayground eliminations were highly successful.

Needless to say, spectator and participant interest was at a high pitch. Wherever feasible, bleachers were erected to accommodate spectators at all the final contests. The schedule of the final contests were so arranged that the residents of all neighborhoods would have an opportunity to enjoy an afternoon of sport in the public parks.

The tournament reached a climax in a special celebration at which the individual city-wide winners were presented with twenty-five dollar War Bonds by Commissioner Moses and Mr. Ralph Hayes, representing the New York Community Trust, donor of the prizes.

Omaha's "Swell-Elegant" Center

(Continued from page 201)

and complete with everything to make the serviceman's stopover in Omaha a happy one.

Then Mrs. Allison organized twenty-one local women's civic and patriotic groups into a volunteer staff; she arranged that each organization would handle the Center for one or two days a month.

In a very short time the spacious, attractive lounge room was filled with comfortable upholstered furniture; a dormitory was set up with beds for any man who needed a few snatches of sleep between trains after a long cross-country trip; showers were installed; and a game room which stretches almost a half a block, with table tennis, pool and billiard tables, a radio, a "juke" phonograph, and a piano.

The canteen or kitchen is the major point of interest. Everything is free. All visiting members of the armed forces are given cigarettes, chocolate, coffee, milk, ice cream, doughnuts, cookies, potato chips, apples, hard boiled eggs and weiners.

Printed stationery for letters home is placed at all writing tables. The Center is a veritable paradise for the traveling serviceman with anything he wants at no cost.

Now for a few pertinent facts. The Center is open twenty-four hours a day, but the canteen only from 7:00 A. M. to 11:00 P. M. The men come from all sections of the nation; they are members

Bert Swenson

Twenty-five Years a Recreation Executive

ON MAY 18, 1943, BERT SWENSON completed twenty-five years service as the recreation executive in Stockton, California. During these twenty-five years Bert Swenson has seen the number of playgrounds grow until today Stockton has twelve publicly owned softball and baseball diamonds. Yosemite Lake has been converted into an attractive park, with facilities for all types of swimmers. The city maintains fifteen tennis courts in various sections of the city. There is a municipally owned golf course. There has been a very considerable expansion in the number of parks, in the acreage and in the facilities. Bert Swenson has worked in close cooperation with the Stockton Park Department.

There has been a municipal camp at Silver Lake. This has been an ideal summer mountain playground, with facilities for swimming, fishing, hiking.

Despite all the progress that has taken place, Bert Swenson still has in mind a very large number of recreation projects which people are asking for and have not yet been carried through. During the last quarter of a century Bert Swenson has achieved no little fame as a teller of Swedish stories. Throughout the city he has been recognized as devoted completely to working for the best interests of all the people of the city.

HOWARD BRAUCHER

of all branches of the armed forces; and the reputation of this place is such that as soon as they leave the train they make a "beeline" for the Center.

Mrs. Allison keeps a comment book where any of the visiting men can write a few lines, more or less personal, before departing. The comments in this book are a wonderful tribute to Mr. Jeffers, Mrs. Allison and her corps of volunteer workers.

The only compensation these volunteers get is the tremendous thrill of the many expressions of appreciation from hard-boiled sergeants or from homesick boys of twenty-one or less, who are away from home for the first time in their lives and who start talking at this sudden reappearance of a bit of comfort and kindness that they miss in the rigors of army life. Omaha's Center is a vivid example of successful recreational welfare work. Its reputation is proof of its success.



Are They Fit for Combat?

(Continued from page 229)

to engage in vigorous activities (with some of the activities requiring maximum speed) over a long period of time in one day, and then to repeat the same activities day after day. To be made "fit," men need training. The great majority have not had it before they are drafted; in general, they are not getting it in the army.

Certainly few army officers know how to *build up* raw recruits to a standard in neuro-muscular strength and endurance for combat service. They should not be expected to know. It is not part of their traditional job. It takes seven years of professional education to become a physical educator. The foundation sciences in the professional education are similar to the premedical course, but following these the distinctly theoretical professional sciences take from three to four years more. Hence, in this basic *building up* of "physical fitness," army officers need the help of professionally educated physical educators. And this does not mean athletes, collegian or professional.

Concerning this problem of "fitness," two or three points can be made which are of vital importance: first, before this war is over tens of thousands of American boys will lose their lives simply because of a lack of a proper physical education during their youth and now in the army lack of proper "physical fitness" training program each day through a period of eight to eighteen months before entering combat service, the time of training to be determined by "fitness" tests.

Second, many more thousands will become "mental cases" than became so in World War I. Requirements in their hospitalization and care after the war together with the enormous cost of pensions for two generations will be a great unnecessary national strain and drain on peace economy. Most of these potential cases can be picked out by experienced professionally trained observers in and during the physical "fitness" training program. These observers with competent psychological test-

ers and psychiatrists could eliminate all of these predetermined mental cases before they enter combat service and thus save them from becoming a social burden of vast proportions.

Third, the two points above are directly related to the manpower problem. In this manpower problem, farm labor for the production of food is a most important part today in our war struggle, the most important part except for the actual production of fighting equipment. These "unfit" army recruits should, therefore, be sent to the farms and frozen there for the duration. This applies to all recruits who are reasonably certain to become "mental cases" or chronic invalids or self-pitying dependents whether the "unfitness" is due to the neglect of their early physical education or to their present conditioning being too time-consuming and expensive or whether due to "temperament" or "mental traits."

Some who have craft skills or aptitudes might be sent to industrial plants to replace thousands of men in these plants who are highly competent combat material and who are doing work these potential mental cases could do. Further, the potential mental cases should be kept under some sort of organized surveillance with frequent inspection to see that under the strains of wartime life they do not degenerate into social dependents.

To summarize and to bring out again the three important points which should receive immediate attention:

1. Install an up-to-date, efficient, properly organized and supervised "physical fitness" training program throughout the training camps.
2. Under this program have experienced professionally trained observers to weed out the mental cases.
3. As a follow-up, have an organization to place the potential mental cases on the farms, thus reducing the farm labor shortage, or place the more skilled in the industrial plants, thus releasing men in those plants who are competent combat material.

It's Being Done in Nature Recreation

(Continued from page 233)

less raincoats, resin for screw top jars, cellophane bubbles for sponge rubber, wool from skim milk and soy beans will all become as familiar as silk in the form of rayon and nylon.

Poison Ivy is more virile when the sap is most abundant, i.e., spring and early summer. People are more susceptible when "sweaty." Use strong

laundry soap if you think that you have been in contact with the plant.

Science Club, Camp Hill High School, Pennsylvania, shows films to the student body, repairs bell-wiring system, installs stage-lighting, serves as airplane spotters, spots erosion problems, plants trees, and explores caves. D. L. Knohr is the sponsor of the school.

Boston's New Playground

(Continued from page 221)

we pay tribute to a man—John Harvard—and the ideals for which he stood. We recapture for a moment his early faith in the eventual blossoming of the wilderness to which he came to preach God's word. . . . Our brothers, our friends, our sons, today, are fighting a battle for freedom around the globe. The evil forces they seek to overthrow threaten the very basis of John Harvard's dream—they condemn and ridicule the idea that each individual is a sacred soul—for them slavery, not liberty, is the promised land. Therefore, these ceremonies are for men symbolic of the spirit which now burns throughout this nation. . . .

"It is now my privilege on behalf of the President and Fellows of Harvard College to convey this land to the city of Boston, to afford rest and recreation to the men, women, and children of this place forever. May the aspirations, the generosity, the opportunity of American life which it symbolizes be a reality to the youngest members of this audience and to their children's children!"

Governor Saltonstall told the audience, "This outdoor spot, in the heart of the city, has been created in our darkest hours of war so that children may grow up to be better men and women in a better world. It is a living token of that hope and of that faith which we so sorely need today. . . .

"Here is a magnificent playground. Here is a provision for enjoyment for young and old. Here is a place for wholesome activity and recreation; here is opportunity for folks to grow strong with the kind of strength that comes of peaceful lives. . . .

"So in this grim business of war, let us think of our children. Let us think of play—and always of fair play. That is the spirit which has made and kept America as the land of the free and the home of the brave. With that spirit—and with the faith of John Harvard in the better land that would grow beyond his time—with those ideals—we are here today to dedicate gratefully one more spot from which our future citizens may receive benefit and encouragement and joy."

Roy Benton Naylor

July 22, 1871 - May 6, 1943 *

IN THE DEATH OF ROY BENTON NAYLOR on May 6, 1943, the recreation movement lost one of its pioneers who had helped greatly in starting the playgrounds in Wheeling, West Virginia; who had had an active share in the work of the National Recreation Association for many years; had served as the Association sponsor in Wheeling for twenty-two years; was an honorary member of the Association. Mr. Naylor was beloved of all who knew him. His fellow citizens recognized the great contribution he had made to the recreation movement in Wheeling and also his larger service to the general movement throughout the country.

HOWARD BRAUCHER

After Retirement—What?

(Continued from page 223)

magic of shape notes which has made singing interesting and easy for him ever since. He was a member of singing organizations while in college. From time to time throughout his teaching career he has been the director of the church choir, and when he is a member of the congregation his excellent tenor voice, in correct time, pitch, and tone, can be heard giving pleasure and confidence to all those near him. His knowledge of music ranges from "good old mountain music" to the greatest symphonies. He chooses his type of music to suit his mood.

Music will be a great asset for Professor Winstead in the days and nights of leisure which are now in prospect. In all his musical activities he has never aspired to leadership, has never been sensitive about his accomplishments, has never wanted "to shine." His only purpose has been to serve wherever and whenever needed and to get joy and satisfaction out of it while doing it.

Creative Arts

Of all the leisure activities which Professor Winstead enjoys, perhaps the one which gives him most pleasure is his creative arts. The arts shop in the basement of his residence is a place of wonderment and magic. It is equipped with jig saw, band saw, hand saws, wood lathe, iron lathe, reamers, drill press, forge, chisels, planes, screw drivers, augurs, and scores of other items that would

delight any teen age boy. In that shop goes the professor with his ideas and out of it comes objects of usefulness and beauty—old guns restocked, re-barreled, newly boiled, bored and chilled; antique pieces of furniture refinished and made "like new" or actually reproduced, hooked-rug frames and needles produced in a jiffy. The fact is that when his neighbors need anything and no carpenter, cabinet maker, blacksmith, or locksmith can make it, Professor Winstead is commandeered. He goes into his shop and presently out comes "the wish all come true."

It has become a truism in Natchitoches that "if no one else can or will do it and it needs to be done, call Winstead. He can and will." That is how it happens that he is the teacher of the Tommie Porter Sunday School class of the Methodist Church. To get anybody, anywhere, anytime, to teach a Sunday School class is an achievement, as any Sunday School superintendent well knows! The Tommie Porter class was no exception. Finally, Professor Winstead, as is his custom and his spirit, stepped into the breach and became its teacher. So, teaching a men's class on Sunday is what Professor Winstead does "for his fun and for the good of old souls." For many years he has been a steward and a trustee of the church, the personification of modesty and faithfulness.

So, when he ceases to teach Latin and closes his school room, Professor Winstead will be busy with his leisure activities, hustling all the time, day and night—just for fun.

Joseph Lee Day in San Francisco

(Continued from page 212)

to them and their families by the Recreation Department will be made on and around Joseph Lee Day through many channels such as hotel and apartment magazines, personnel managers, etc.

It has been recommended to the San Francisco Recreation Commission that the next playground or large recreational unit to be opened in the city be named and dedicated to Joseph Lee.

The Commission has also received the suggestion that honor clubs, named "Joseph Lee Clubs," be started on playgrounds as an award for good playground citizenship. Standards of behavior and skills would determine eligibility to membership. Members would be required to be acquainted with the life and works of Joseph Lee, the philosophy and present-day purpose and conduct of recreation.

Spokane's Civic Horse Trader

(Continued from page 228)

"You'd never suspect that was one of the worst spots in Spokane," he exclaimed, as we drove by a particularly lovely bit of river-front park. "I bought it twelve years ago for seventy-five dollars."

White also "horse trades" with real estate operators. Built on hills, Spokane has, from a real estate viewpoint, many unusable slopes and ravines. White asks these as gifts for park and even playground sites, and has thus picked up over four hundred acres. One real estate syndicate alone contributed ninety-eight acres. What they gave away made the rest of the tract so much more valuable that they felt their gift more than paid for itself.

All told, the Spokane park system has grown from 273 acres to 2,727 in White's time. There is, in addition, an equal area outside the city, for which White should be thanked. Known as the Up-River and Down-River Parkway, this area protects the river banks for fifteen miles on either side of Spokane.

Garden Contests

White's most effective work has been done during the past decade when, his fortune gone with the boom, and in his sixties, he started anew as garden editor of the *Spokesman-Review* and head of that newspaper's civic betterment section. He launched front-yard and back-yard garden contests, persuading merchants to put up plants, bulbs, and implements as prizes. He inspired so many garden clubs that they formed a federation. He waged war on signboards so effectively that Spokane motorists can drive for a hundred miles over parkways around the city without seeing a billboard or a sign nailed to a tree.

White talked the WPA into letting him have men, and the highway department into lending him equipment, to finish park projects like the Bowl and Pitcher, a picnic ground in a pine-studded bend in the river where 180,000 Spokane people ate outdoors last summer. He lined up CCC boys to landscape unsightly railroad and highway fills. He built scout camps, golf courses, shooting ranges, walking trails, restored the historic Hudson Bay and Astor trading posts. He got ugly bridges across the river replaced by graceful spans. He saved the region's geologic wonders, such as Deep River Canyon, remarkable for its volcanic flows and glacial scraping.

To accomplish these civic feats White joined every association and club in town. "I went to all the meetings," he explains, "and by outtalking everybody there I got them all working with me." The Chamber of Commerce, the Advertising Club, the Boy Scouts, the Izaak Walton League, the churches, have civic beautification committees upon which White can call.

On a map Aubrey White pointed out the areas he had set down in his bookstore days for recreation sites. Nearly every acre is in the park system now.

"Y" Recreation on the Night Shift

(Continued from page 200)

responsibility in planning and carrying out activities, and they have done a great deal to maintain discipline in their own programs.

We are now in the process of developing further contacts with management and labor in order to keep war workers informed of recreational opportunities available for them at the Y.W.C.A. From the beginning of the shift workers' program we have had excellent cooperation from labor and management. We have always tried to make our contacts with industrial groups on this joint basis, and through it we hope to secure the fullest cooperation of the workers themselves and to promote a program which they want. Fliers, folders, and posters have been circulated through many unions and plants. Stories have been carried in plant and union periodicals. The newspapers in general have been cooperative in using stories and photographs describing our activities. Through our publicity office we have placed a car card in the most important trolley and bus lines serving war workers.

Charles H. English, coordinator of the Recreation Committee, Philadelphia Council of Defense, has helped us throughout our program. We believe that further development in the entire war workers' program can be made now that the Recreation Committee has appointed a special worker who will act as promoter and coordinator of war workers' programs carried on by various groups in the city.

Because of the enlarged appropriation granted us through the War Chest it has been possible to launch an expanded program. The daytime activities, particularly the breakfast dances referred to, are one specific type of program recently begun.

RECREATION

New Publications in the Leisure Time Field

Ready, Sing!

Edited by Harry Robert Wilson, Ed.D. Manuscript by Victor C. Neisch. The Penny Press Series. Emerson Books, Inc., 251 West 19th Street, New York. \$15.

THERE ARE 29 AMERICAN SONGS in this collection of time-tested American folk songs arranged for group singing. For the most part they are songs from our own United States, although several have come from our neighbors to the North and South. Simple arrangements of the music make it possible for accompaniments to be played by anyone with a limited piano technique. Suggestions are given for making the singing of each song most enjoyable.

Two Song Collections

The Penny Press Series. Emerson Books, Inc., 251 West 19th Street, New York.

THERE ARE 26 SONGS in *Cantemos!* a collection of Spanish songs for group singing designed for use by classes in the study of Spanish and in social groups for informal singing.

Chantez! with its 25 songs performs the same service in the study of French. Both collections offer simple arrangements, and individuals with limited musical training can participate in the singing and playing of the songs. Each collection is available at 15 cents.

Individual Sports for Women

By Dorothy S. Ainsworth and other members of the Department of Physical Education of Smith College. W. B. Saunders Company, Philadelphia. \$3.50.

IN THESE DAYS OF STRESS there is need for the playing of games which help maintain balance and increase general fitness. Individual sports can help greatly in meeting this need, for they may be played by twos or alone if necessary, may be practiced at odd moments, and offer a wide choice from the very strenuous to mild activities. The sports described include archery, badminton, fencing, golf, riding, swimming, tennis, and bowling. One chapter is devoted to tournaments.

Landmarks of Early American Music

By Richard Franko Goldman and Roger Smith. G. Schirmer, Inc., New York. \$1.50.

HERE IS AN INTERESTING COLLECTION of 32 compositions for orchestra or band or smaller instrumental groups, or mixed chorus (SATB) with or without accompaniment. The period covered is from 1760 to 1800, and the psalm-tunes, hymns, patriotic songs and marches which are included represent a little-explored field in the evolution of our own American music.

Let's Have Fun at Home

Prepared by the Recreation Leadership Department, Richmond Professional Institute, College of William and Mary. Published by Community Recreation Association, Richmond, Virginia. \$15.

THIS DELIGHTFUL BOOKLET with its amusing illustrations is a challenge to every family to "have fun." Practical suggestions are given for games and for activities for various age groups, and hobbies, music, storytelling, and other activities are discussed.

Herbs—How to Grow Them and How to Use Them

By Helen Noyes Webster. Ralph T. Hale and Company, Boston. \$1.25.

THE SECOND EDITION of Mrs. Webster's book, revised and enlarged, is a complete and practical volume starting with a fascinating chapter on "Early Periods and Designs of the Herb Garden." Mrs. Webster takes her readers through Colonial Gardens. Then follows a wealth of information on herbs of all kinds and how to grow, dry, and cure them. Uses of herbs are discussed, and there is a chapter on "Cooking with Herbs." The book ends with a Check List of Herbs for Modern Gardens and a bibliography.

"Y" Boys' Clubs in Neighborhood and School

Association Press, 347 Madison Avenue, New York. \$50.

THIS BOOKLET describes two organizations for boys developed by the Y.M.C.A.—the Gra-Y Club, an organization for boys of grade school age, and the N-Y Club, an abbreviated name for neighborhood Y.M.C.A. clubs. Although the booklet discusses programs and material developed specifically for these two clubs, it contains many suggestions of interest to all leaders of boys' groups.

Small Creations for Your Tools

By Hazel F. Showalter. Bruce Publishing Company, Milwaukee. \$2.75.

SEVENTY-EIGHT "small creations" are described here and they all utilize such salvage material as tin cans, old chair rungs, spools, clothespins, and scraps of wood. Even if his tools be no more than a jackknife or a coping saw, the beginner can derive a lot of pleasure from creating many of these novelties, including animal toys, accessories for inside and outside the home, and handy gadgets for personal use. Plates give accurate dimensions and details of design.

NEW WRINKLES IN CAMP COOKERY

We are also experimenting with special programs for young women workers who have left school to take jobs created by the war emergency. This group, we feel, needs special activities adjusted to their age, and a great deal of help is necessary here to facilitate a satisfactory adjustment to the job and to the new status of the individual herself who may be earning money for the first time.

In making contacts with this group we have the full cooperation of the Certificating Division of the Board of Education and the Division of Pupil Personnel and Counseling. Many school counselors have pointed out the prime needs of this group and have encouraged us in every way to develop a special program for these young people most of whom are sixteen and seventeen years of age. Shift programs do not fit these needs because of the limitation of working hours and the nature of the jobs performed by the girls. Special classifications of this age group are therefore necessary, and they are securing an interested response from the girls.

All war workers are welcome in the Y.W.C.A. without restriction, and previous Y.W.C.A. membership is not required. We do our best to have everyone feel comfortable and "wanted," and we encourage workers to come in their working clothes. What we have done we view as a very modest beginning and recognize the developments made thus far as an adaptation of our "going" industrial programs to different hourly schedules. None of the experiments could have been made or developed without long hours and hard work on the part of the industrial secretaries at the four branches of the Y.W.C.A. taking part in the program.

New Wrinkles in Camp Cookery

(Continued from page 232)

with the same outfit that serves for a fireless cooker. For the freezer, a smaller box will do, and no crushed paper is necessary; but we need a half of a heavy door hinge or other flat weight to work as a "dasher."

Fill the quart can with three quarters of a pint of milk, a half pint of cream and some jam, preserves, honey, syrup or what have you. Plug tight with the weight inside and put in the gallon can with a mixture of 1 part rock salt and 6 parts of cracked ice. Tie up in the carton and turn once in a while so that the weight will stir the cream freezing on the tin into the unfrozen cream in the

JULY 1943

TRAINING YOUR PLAYGROUND LEADERS

. . . An Institute Syllabus

THE WAR has created a shortage of experienced and trained playground workers. This summer playground authorities must use as leaders many persons whose preparation for such service has been very limited. The presummer institute will be more essential than ever before and training programs will need to be conducted throughout the season.

To help playground authorities plan and conduct their training institute and in-service training programs, the Association offers a new booklet, *Training Your Playground Leaders—An Institute Syllabus*. It contains lists of topics for discussion and study with detailed outlines and reading references for each, a suggested institute schedule, and practical ideas for institute procedure.

Price \$.35

National Recreation Association

315 Fourth Avenue, New York City

center. Before the ice is all melted, the freezing will be done. If the cream has to be kept any length of time, however, pour out the water and make a new salt-ice mixture for packing.

If fresh milk and cream are not available, there are dried substitutes, including milk powder. Some like an egg stirred in. For perfect sterilization, mixture, can and all should be pasteurized: i.e., simmered in a pail of boiling water for 20 minutes and then cooled and frozen.

The following table will be helpful for use with the fireless cooker. M = the number of minutes of preliminary cooking before packing in the cooker. H = the number of hours in the cooker:

Boiled fish, 5 M and 2 H; fish chowder, same; steamed stuffed fish, 10 M and 3 H; chicken, 30 M and 6 H; fowl, 40 M and 12 H; rabbit, 10 M and 3 H; baked meat loaf, 60 M and 2 H; boiled meat, 10 M, then skim and again 5 M and 3 H; pot roast, 20 M and 66 H; boiled ham, 15 M and 12 H; veal, 30 M and 5 H.

Boiled turnips, 5 M and 1½ H; brown bread, 30 M and 6 H; corn meal pudding, 15 M and 3 H; tomatoes, 5 M and 2 H; baked beans, 15 M and 12 H; fresh asparagus, green beans, corn, squash, 5 M and 1 H; fresh limas, 15 M and 12 H; fresh beets, 15 M and 3 H; cabbage, 5 M and 2 H; corn in the ear, 5 M and 3 H.

Democracy and Recreation

(Continued from page 235)

sponsibility than the leader had thought possible, and the Coops became a better integrated group than they had ever been in play activities.

Decentralization of control and authority can and should be applied by all recreation and social agencies. This implies a mutual recognition of the responsibilities of agency, leader, and group to one another with the accompanying interplay of free discussion and criticism.

The professional leader is in a key position to affect a high degree of community organization through the use of the natural leadership in every group. People who have special skills are often happy to share their knowledge with others and thus make valuable contributions to the life of the community. Others, with no particular skill, may have a high degree of influence in swaying groups of their associates. This applies to children as well as adults. All these can be worked into a well-rounded community recreation program.

Since they may not be adept in leadership, volunteers can and should be trained by the professional worker through personal interviews, institutes, and meetings. Not only do volunteers help to relieve the recreation worker of some of the details of his many-sided job, but they add a great deal of color and diversity to the whole picture and contribute to a wider understanding of the community of which they are a part. A skillful leader not only gives to a community but draws out of it what he can use to further his objectives.

But none of this is possible unless the leader has a thorough understanding of the cultural, economic and social life of the people. For example, a knowledge of the Italian love of "Bocci" games can be the starting point of organizing groups of Italian men in a neighborhood. The laying out of a suitable court is a simple matter and as soon as the word gets around, the men will come of their own free will. From there on it is up to the leader to discover who are the key personalities and to motivate them to organize the group. A group of this kind would probably require very little help from the recreation worker unless the members branch out into other fields, which, of course, is highly desirable.

There are some groups, however, in which the leader will play an important part because of his own skill or interest in the activity. The danger

in this set-up is that he may shoulder all the problems and try to solve them himself, which is what we are trying to avoid. A newly formed archery club once approached a superintendent of recreation for space in one of the public parks. The superintendent expressed his interest in archery to the extent of becoming a member of the group. He promised to lay out a field that would be suitable for practice and involved himself in numerous other plans which were never realized. When he left town for another position before any of the problems had been solved, the archery club had nothing but hard feelings for him and the entire park department.

Another park superintendent became an active member of the municipal saddle club which he helped organize. He realized that it was a great temptation to the members to let him make the decisions, buy the feed, hire the handymen and so on, but he refused to take any more responsibility than the other members and insisted that all business matters be discussed at the meetings. The result of this procedure was a well organized group around a common interest in which each participant had equal rights, privileges, and responsibilities.

These examples have been cited to show the value of democratic organization in leisure-time activities. It is now, more than ever, the duty of every person in the recreation movement to face the challenge of the present situation and criticize his techniques in the light of democratic principles.

Houston Takes Inventory of a Year at War

(Continued from page 225)

Servicemen's teams to some degree took the place of teams leaving for war, taking part in the program with gusto and enthusiasm rivaling that of the civilian teams of old. The greatest short tournament ever staged in the city was put on by military teams in sponsoring a War Bond softball tournament during which \$184,000 worth of bonds were sold. Seventeen teams participated.

In the junior division, softball showed an increase and baseball, as usual, had its following. Swimming pools, however, drew the largest number, and 38,000 more children participated this year than last. Here again servicemen were entertained, over 6,000 being admitted free during the season.

Controlling Absenteeism—A Record of War Plant Experience.

Special Bulletin No. 12, U. S. Department of Labor, Superintendent of Documents, Government Printing Office, Washington, D. C. \$10.

This publication discusses the meaning of absenteeism and its causes, absence control devices, and offers suggestions for reducing absenteeism through community action. Transportation, housing, wartime difficulties in conducting shopping and personal business, child care, and recreation are offered as factors which community action may influence.

The Old Dirt Dobber's Garden Book.

By Thomas A. Williams. Robert M. McBride and Company, New York. \$2.75.

This book was not written for professional gardeners or experts but for the millions of home gardeners who want to grow plants and flowers of which they may be proud. Information is given regarding soils, trees, shrubs, perennials, annuals, bulbs, house plants, water gardens, lawns, sprays and fertilizers. There is also a section on the vegetable garden which gives a number of basic facts and a plan for a small garden 30 by 50 feet.

The Land of Cotton and Other Plays.

By Randolph Edmonds, The Associated Publishers, Inc., Washington, D. C. \$3.25.

In addition to "The Land of Cotton," four other plays by Negro authors are presented in this collection. Mr. Edmonds points out in his introduction the importance of keeping in mind the fact that the Negro playwright at present is a beginning playwright and that those who are writing plays now are only breaking the ground that has been plowed, harrowed, and planted in the other arts.

Information regarding royalty fees may be secured from the Associated Publishers at 1538 Ninth Street, N.W., Washington.

War Handbook—What the P.T.A. Can Do to Aid in the Nation's War Program.

National Congress of Parents and Teachers, 600 South Michigan Boulevard, Chicago.

The National Congress of Parents and Teachers, in issuing this attractive booklet on what the P.T.A. can do to aid the war effort, has given concrete suggestions for service along the following lines: morale; health; education; juvenile protection; consumer safeguards; safety; recreation; aid to the men in service; community co-operation and volunteer service; and wartime finance. Valuable references are included. A limited number of this handbook are available from the National Congress of Parents and Teachers on request.

Your Dog as a Hobby.

By Irving C. Ackerman and Kyle Onstott. Harper and Brothers, New York. \$2.00.

"This book," say the authors, "is for those who hear with us the call of the dog, who sense the need of a dog's comradeship, and who desire to fulfill that need in the keeping of a dog or dogs." It is a unique, helpful guide on how to cultivate and enjoy the profitable and worthwhile hobby of raising dogs. Every phase of dog owning is fully covered in this book in a way which will be helpful to the beginner, though the more experienced dog keeper will also find material to serve him.

The Birth of a Nation's Song.

By K. L. Bakeless. Frederick A. Stokes Company, Philadelphia. \$1.50.

The story of the birth of "The Star-Spangled Banner," as told by Katherine Bakeless, is a thrilling one for all boys and girls to read. The plot deals with the actual boy and girl of old Baltimore who shared in the creation of the song in a most interesting way.

Church Group Activities for Young Married People.

By George Gleason, Ph.D. Association Press, 347 Madison Avenue, New York. \$1.00.

This is the third edition of a booklet presenting a study of the activities of young married people in the Protestant churches of Southern California. A new chapter appears in this edition entitled "Ten Human Needs Which the Church Can Help to Meet," outlining a new philosophy for the church in its relationships with young people. Another new chapter reports the rapidly growing church programs for young adults throughout the United States and Canada.

Guide to the Appalachian Trail in the Southern Appalachians.

Publication No. 8. The Appalachian Trail Conference, 808 Seventeenth Street, N.W., Washington, D. C. \$1.75.

"Interesting to the armchair hiker — indispensable on the trail" is the description given of the second edition of the 440-page Guide presented in loose-leaf form. Information is given on 420 miles of trail. As the pages are removable, only the sections and maps for the districts to be visited need be carried on a trip.

Officers and Directors of the National Recreation Association

OFFICERS

ROBERT GARRETT, Chairman of the Board of Directors
HOWARD BRAUCHER, President
JOHN G. WINANT, First Vice-President
MRS. OGDEN L. MILLS, Second Vice-President
SUSAN M. LEE, Third Vice-President and Secretary of the Board
GUSTAVUS T. KIRBY, Treasurer

DIRECTORS

F. W. H. ADAMS, New York, N. Y.
F. GREGG BEMIS, Boston, Mass.
MRS. ROBERT WOODS BLISS, Washington, D. C.
HOWARD BRAUCHER, New York, N. Y.
MRS. WILLIAM BUTTERWORTH, Moline, Ill.
HENRY L. CORBETT, Portland, Ore.
MRS. ARTHUR G. CUMMER, Jacksonville, Fla.
MRS. THOMAS A. EDISON, West Orange, N. J.
ROBERT GARRETT, Baltimore, Md.
ROBERT GRANT, 3rd, Jericho, L. I., N. Y.
AUSTIN E. GRIFFITHS, Seattle, Wash.
MRS. NORMAN HARROWER, Fitchburg, Mass.
MRS. MELVILLE H. HASKELL, Tucson, Ariz.
MRS. CHARLES V. HICKOX, Michigan City, Ind.
MRS. JOHN D. JAMESON, Sugar Hill, N. H.
GUSTAVUS T. KIRBY, New York, N. Y.
H. McK. LANDON, Indianapolis, Ind.
ROBERT LASSITER, Charlotte, N. C.
SUSAN M. LEE, Boston, Mass.
OTTO T. MALLERY, Philadelphia, Pa.
CARL E. MILLIKEN, Augusta, Me.
MRS. OGDEN L. MILLS, Woodbury, N. Y.
MRS. SIGMUND STERN, San Francisco, Calif.
MRS. JAMES W. WADSWORTH, Washington, D. C.
J. C. WALSH, New York, N. Y.
FREDERICK M. WARBURG, New York, N. Y.
JOHN G. WINANT, Concord, N. H.
STANLEY WOODWARD, Washington, D. C.